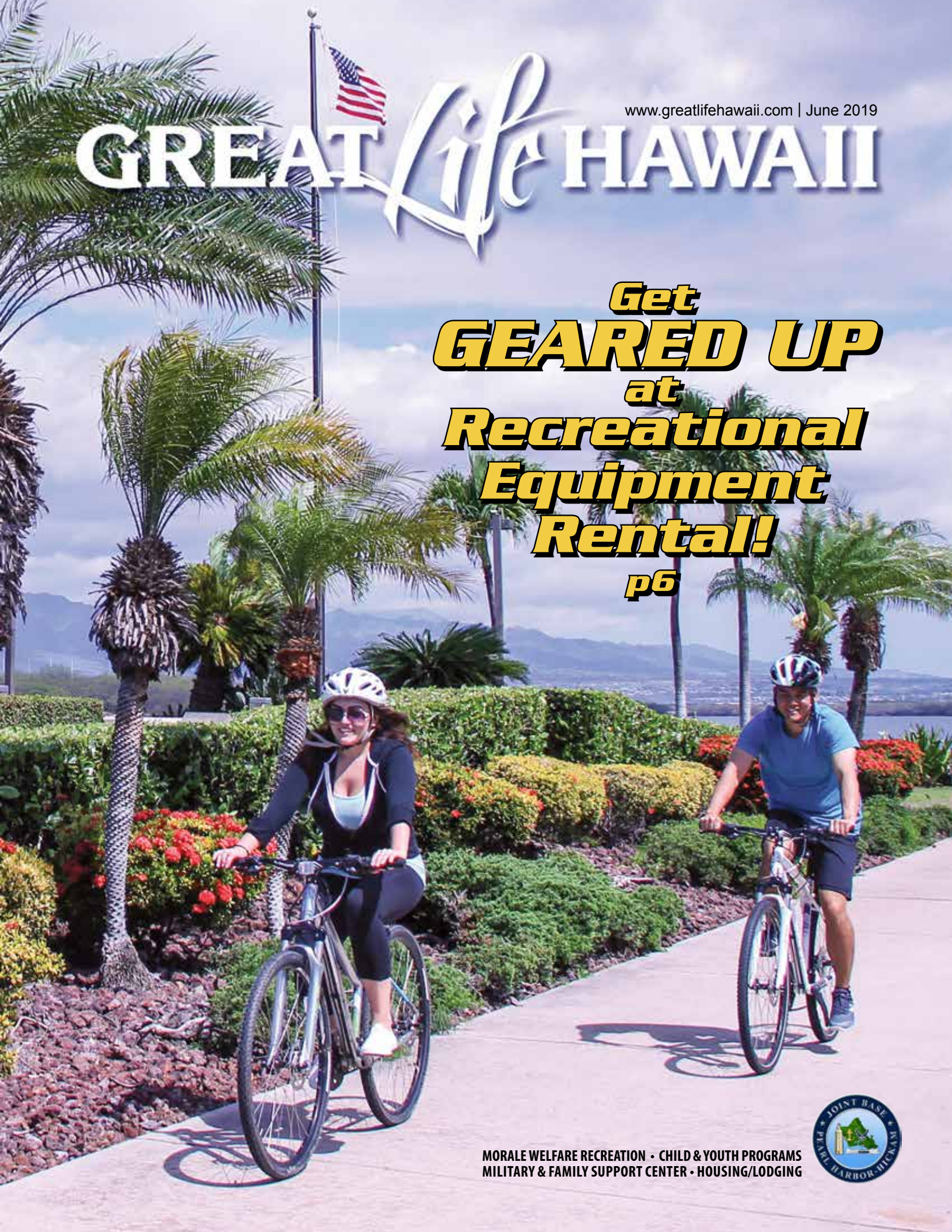


# GREAT *Life* HAWAII

www.greatlifehawaii.com | June 2019

*Get*  
**GEARED UP**  
*at*  
**Recreational  
Equipment  
Rental!**  
*p6*



MORALE WELFARE RECREATION • CHILD & YOUTH PROGRAMS  
MILITARY & FAMILY SUPPORT CENTER • HOUSING/LODGING





# BYOB

**Blankets ★ Bottles ★ Bites**

## Concert in the Park at Hickam Harbor

**FREE | 5PM-7PM**

**Bring your own Blankets, Bottles\* & Bites!**

- |                |   |
|----------------|---|
| June 14        | Overcrowded Avenue (Special Guest Jason Gay) - <i>Soulful Jazz &amp; Funk</i>   |
| June 28        | Naked Waiters - <i>Ukulele Pop</i>  |
| July 12        | Sean Cleland (Na Hoku Hanohano Finalist) - <i>Pop/Rock/Soul</i>   |
| <b>July 26</b> | <b>Air Force Band of the Pacific Rock Band</b> - <i>Rock</i><br><i>(partnering with MFSC for their 40th Birthday)</i> |
| August 9       | Elephant - <i>Modern/Classic/Alternative</i>  |
| August 23      | Hawaiian Soul - <i>Soul and R&amp;B</i>   |

[www.greatlifehawaii.com](http://www.greatlifehawaii.com)

*\*No glass bottles or pets allowed.*



# JUNE

GREATLIFEHAWAII | 2019

## live the great life

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## connect with us

Like us on Facebook, and follow us on Twitter and Instagram. You can also download the Great Life Hawaii app at the App Store.



Sync your personal device's calendar with ours to keep up with all our events. It's free and it travels with you. Sign up today at [www.greatlifehawaii.com](http://www.greatlifehawaii.com).



Sign up at [www.greatlifehawaii.com](http://www.greatlifehawaii.com) for emails about MWR and MFSC programs and activities delivered right to your inbox each week.

### GREAT LIFE HAWAII: JUNE 2019

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**On the cover:** Cruising on the path along side the Pearl Harbor Entrance Channel with bikes from Recreational Equipment Rental.

**At right:** Rent a dunk tank! (Not being able to swim isn't an excuse to get dunked, with the right gear.)

## Add Enjoyment to Your Summer with Gear from Recreational Equipment Rental

**pg 6** | See what kind of outdoor and party equipment you can rent.

## MWR spotlight Paddle Your Stress Away!

**pg 4** | Read about Standup Paddle Boarding.



**NBA HOOPS FOR TROOPS**  
June 5 • Tradewinds

Meet & greet with former NBA/WNBA players!



# Paddle

## YOUR WORRIES AWAY!

– BY MIKILYN LAU

### 3 WAYS TO DESTRESS THIS WEEK:

- 1 Spend some time outdoors.
- 2 Get some exercise.
- 3 Do something silly.

Be efficient and accomplish all three by standup paddle boarding! Once you find your balance, you might not even realize you're getting in a full body work out, surrounded by clear blue water, sailboats and planes taking off from the runway. As graceful as paddleboarding looks, it took me a few tries to get the balance down. Pro tip—stand with your feet close to the handle and bend your knees.

Stand Up Paddle boards are available to rent from the **Hickam Beach Surf Shack** for \$9/hr or \$25 for the whole day. Boards rented from the surf shack must stay at Hickam Beach. If you'd like to rent a paddleboard to take to the beach of your choice, **Recreational Equipment Rentals** has them available for \$25 a day.





# FATHER'S DAY BRUNCH BUFFET



**Historic Hickam Officers' Club**  
10:00am – 1:00pm | Main Dining Room

ENJOY ALL OF YOUR SUNDAY BRUNCH FAVORITES  
BUT WITH MORE MEAT!

**All Base Eligible Patrons Welcome**

\$24.95 Club Members | \$28.50 Adults | \$13.50 7-13 years | \$8.25 4-6 Years



**Reservations by phone at 448-4608 | [www.greatlifehawaii.com](http://www.greatlifehawaii.com)**







# Add enjoyment to your summer with gear from **RECREATIONAL EQUIPMENT RENTAL**

By Justin Hirai

The weather is getting warmer, less rain (hopefully) is upon us and the sun is staying out longer. Summer is here! It's the perfect time to get outdoors and spend time with family and friends. Joint Base Pearl Harbor-Hickam MWR provides a variety of different options for you to get outdoors. One of them being the Recreational Equipment Rental facility (RER), which is the place for you to rent all of your outdoor recreation and party rental gear.

Hawaii offers a variety of places to camp (permits required) from beachfront sites to grounds in woodland areas. Buying all your own camping gear can be expensive, especially if you don't go often. RER has four- or six-person tents, cots, lanterns, camping stoves, sleeping pads, chairs and more available for rent.

I'm sure you know Hawaii is one of the best places for ocean activities. Those who are experienced and feel comfortable in the water have the option of renting gear like kayaks, stand-up paddleboards, snorkeling sets, surfboards and bodyboards. Pair this equipment up with some camping gear and spend the whole weekend at the beach with fun water activities.







*See more photos of rental gear on pg. 31.*

Ocean activities aren't your thing? That's okay, you can explore Hawaii on a bike. RER has beach cruisers, mountain bikes and hybrid mountain/road bikes you can rent. There are bikes paths all over the island and nice places right here on base you can ride.

Do you have a special occasion coming up or just want to plan a get together? Rent the gear you need to make your party a success. They have the basics like pop up canopies, tables, chairs, coolers and chafing dishes. Plus, items to make your party stand out, such as cotton candy, shave ice and popcorn machines. Don't forget to provide some activities for your guests, such as bounce houses, inflatable jousting ring, sumo suits, dunk tanks and a variety of sports equipment.

You can stop by Recreational Equipment Rental to see what they have or you can go online to [jbphh.greatlifehawaii.com](http://jbphh.greatlifehawaii.com) and download their pricelist. Their hours of operation are Monday through Friday: 9am-5pm and Saturdays from 9am - 1pm. Just a reminder, party items can be reserved up to six weeks in advance, however camping, ocean sports and sports equipment are available on a first come first serve basis. If you have any questions you can give them a call at 449-6870. ☎







# HICKAM ARTS AND CRAFTS CENTER

335 Kuntz Ave., Bldg. 1889 • 808-448-9907

## JUN | JUL | AUG

## TEEN/ADULT CLASSES

### Ceramics & Pottery

#### WHEEL THROWING WITH JOEL PARK

One class per week for 6 weeks:

Wednesdays, 6 – 8:30pm

**Jul 17–Aug 21 • Sept 4–Oct 9**

Thursdays, 6 – 8:30pm

**Jul 18–Aug 22 • Sept 5–Oct 10**

Fridays, 9 – 11:30am

**Jul 19–Aug 23 • Sept 6–Oct 11**

Saturdays, 9 – 11:30am

**Jul 20–Aug 24 • Sept 7–Oct 12**

Ages 16 and older

\$95 per person (plus supplies)

Creating ceramic forms on the potter's wheel will be the main focus of this class. Functional as well as decorative ceramics will be explored. All of the fundamentals will be covered as well as advanced techniques. The class will progress at each individual's speed.

#### ADULT HAND-BUILDING WITH CLAY WITH ROCHELLE LUM

One class per week for 4 weeks:

Saturdays, 9 – 11:30am

**Jun 8–29** (Jul 6–Finish Glaze Only)

**Jul 6–27** (Aug 3–Finish Glaze Only)

Tuesdays, 6 – 8:30pm

**Jun 4–25** (Jul 2–Finish Glaze Only)

**Jul 2–23** (Jul 30–Finish Glaze Only)

Saturdays, 9 – 11:30am

**Aug 3–24** (Sept 7–Finish Glaze Only)

Tuesdays, 6 – 8:30pm

**Aug 6–27** (Sept 10–Finish Glaze Only)

Ages 14 and older

\$60 per person (plus supplies)

This class is perfect for those interested in learning basic ceramic techniques: pinch-pots, coil building, etc. Students will also learn about underglaze and glaze technique by learning the entire process and how clay transformed. The last class is held two weeks after the 4th class, so pieces can come back from bisque.

### Drawing & Painting

#### ACRYLIC PAINTING WITH DENNIS MCGEARY

One class per week for 4 weeks:

Tuesdays, 3:15 – 5:15pm

**Jun 4–25 • Jul 9–30**

Tuesdays, 3:30 – 5:15pm

**Aug 6–27\***

Ages 12 and older

\$80 per person (plus supplies); \*\$90 (plus supplies)

Learn to create landscape and seascape scenes using traditional painting techniques with acrylics on canvas. The course includes application, composition, color mixing and techniques.

#### BASIC OIL PAINTING WITH DENNIS MCGEARY

One class per week for 4 weeks:

Tuesdays, 5:45 – 7:45pm

**Jun 4–25 • Jul 9–30**

Tuesdays, 5:45 – 7:30pm

**Aug 6–27\***

Ages 14 and older

\$90 per person (plus supplies); \*\$100 per person (plus supplies)

This class is designed to demonstrate basic methods of creating oil paintings on canvas. The course includes color mixing, application, and techniques. Knowing how to draw or paint is not required. Please wear paint clothes or apron. Generally, an oil painting takes 4–6 days to dry to touch.

#### COLORFUL EXPRESSIONS PAINTING WITH DENNIS MCGEARY

One class per week for 4 weeks: Tuesdays, 1:15 – 3pm

**Aug 6–27**

Ages 12 and older

\$90 per person (plus supplies)

Explore the expressive artist in you. This exciting class is designed to demonstrate innovative methods of creating and applying acrylics on canvas. The course includes application, composition, basic color theory and techniques. Knowing how to draw or paint is not required.

#### BEGINNING ADULT WATERCOLOR WITH JEFF SANDERS

One class per week for 6 weeks: Tuesdays, 6 – 8pm

**Jun 25–Jul 30 • Aug 6–Sept 10**

Ages 16 and older

\$70 per person (plus supplies)

Learn how to use basic tools, techniques and procedures of watercolor. Students will apply these practical elements of art to compose and paint pictures.

#### CONTINUING ADULT WATERCOLOR WITH JEFF SANDERS

One class per week for 6 weeks: Thursdays, 6 – 8pm

**Jun 20–Aug 1** (No class–July 4) • **Aug 8–Sept 12**

Ages 16 and older

\$70 per person (plus supplies)

This course is structured as a continuation of the beginning class. The focus is on additional techniques and exercises, pictorial



## TO REGISTER FOR CLASSES, VISIT

[jbphh.greatlifehawaii.com/  
recreation/arts-crafts-](http://jbphh.greatlifehawaii.com/recreation/arts-crafts-)

composition, guidance for self-directed projects and providing a place for those who find it difficult to work at home.

#### WATERCOLOR DESIGN AND COMPOSITION WITH DAVILLA HARDING

One class per week for 4 weeks:

Mondays, 6 – 8pm

\$100 per person (plus supplies)

**Jul 1–22 / Still Life**

Thursdays, 2 – 4:30pm and 6 – 8:30pm

\$125 per person (plus supplies)

**Aug 1–29 / Floral**

Through the study of basic art principles of design and composition, participants will learn to interpret their vision of Nature's beauty using watercolors. Students will create unique works of art that "dance" with light and color. Some drawing(s) of the subject will be provided, whether you are a beginner or a more experienced painter. . . you can do it!

#### ARTY FUN WITH TEXTILES

One class per week for 5 weeks: Mondays, 5:30 – 7pm

**Jul 1–29**

Ages 12 and older

\$75 per person (plus supplies)

Students will create art on and with fabric. Projects will include glue batik painting, fabric dyeing, printing and stenciling on usable objects like: clothing, aprons, bags, pillow covers, as well as making a mixed media collage with acrylic paint on canvas. Imagery will be chosen and either hand drawn or traced by students to express their personalities, favorite objects and activities. No previous art experience is required.

#### BATIK PAINTING

One 4 hour workshop: Sundays, 12 – 4pm

**Jun 9 • Jul 14**

Ages 16 and older

\$60 per person (supplies included)

Learn the ancient art of batik fabric painting and take home a beautiful and unique work of art. Students can choose to bring their own 11 x 14" design, or trace a teacher provided one featuring native Hawaiian plants or animals. The instructor will guide students through the batik process step by step. No previous art experience necessary.

### Framing

#### BASIC PICTURE FRAMING WITH MARIALAINE FIGUERRES

One-day class, on select Mondays or Saturdays, 9am – 1pm

Ages 16 years and older

\$80 per person (supplies included)



In this one-day class you will learn how to measure and cut a double mat for your 5 x 7 art work. We will also teach you how to use a joiner to make a wood frame. The class will finish with complete assembly of glass, foam core, backing and hanger. Upon class completion, you will be given a certificate allowing you to use our facility as a "self-help" customer. Sign up early, space is limited! Please contact the Frame Shop at 448-9907 ext. 108 for more information and to confirm date.

## Glassworks

### BEGINNING GLASS FUSING WITH JESSICA FITZGERALD

One class per week for 2 weeks: Thursdays, 5:15 – 7:15pm

**Jun 6–13 • Jul 11–18 • Aug 1–8 • Aug 22–29**

Ages 16 and older

\$40 per person (plus supplies)

Students will learn how to cut, fuse, and slump sheet glass to create their own functional works of art. In doing so they will learn about the basics of heat and time in relation to glass. By the end of class each student will have at least one plate/platter to take home. Please wear shoes. Long pants are recommended.

### ADVANCED GLASS WITH JESSICA FITZGERALD

One class per week for 4 weeks: Wednesdays, 5:15 – 7:15pm

**Jun 5–26 • Jul 3–24**

Ages 16 and older

\$80 per person (plus supplies)

This class is for more advanced students who have previously taken Beginning Glass Fusing and would like to learn more about working with glass. Please wear shoes. Long pants are recommended. Previous glass experience is required.

## Crochet/Knitting/Quilting/Sewing

### BEGINNING SEWING WITH AMANDA BUSSEY

One class per week for 5 weeks: Wednesdays, 6 – 8pm

**Jul 3–31**

Ages 14 and older

\$75 per person (plus supplies)

As a beginner, you will learn basic sewing machine operation, equipment and their uses, sewing techniques, fabrics, and construct one or two simple projects applying this information. You must have your own sewing machine and supplies.

### CROCHET BASICS WITH TIFFANY DEVINE-GRIFFITH

One class per week for 3 weeks: Wednesdays, 6:30 – 8:30pm

**Jun 5–19 • Jul 3–17 • Aug 7–21**

Ages 12 and older

\$35 per person (plus supplies)

In this class, students will learn how to make the different crochet stitches needed for any project and will have a completed scarf displaying these stitches. Students will also learn how to hold the hook properly, read patterns, do a foundation chain, work with two colors at once. Also, students will have the skills to complete beginner and intermediate level projects.

### ADVANCED CROCHET WITH TIFFANY DEVINE-GRIFFITH

One class per week for 3 weeks:

Mondays, 5 – 7pm

**Jun 3–17 • Jul 1–15**

Mondays, 5 – 7:30pm

**Aug 5–19**

Ages 12 and older

\$35 per person (plus supplies)

This class will build on what was learned in Crochet basics. Students will learn how to work in the round, increase and decrease stitches, make a granny square, and how to join pieces together to form a larger piece. With these new techniques, students will be able to complete projects such as amigurumi (crochet dolls and animals), hats, and complex piece blankets. Note: students must complete crochet basics class before enrolling in the advanced course.

### HAWAIIAN QUILTED PILLOW WITH SUE ZANE WILLIAMS

One class per week for 4 weeks:

Tuesdays, 9 – 11am

**Jun 4–25 • Jul 9–30 • Aug 6–27**

Ages 14 and older

\$35 per person (plus supplies)

Students will learn the "snowflake" method of cutting out a Hawaiian motif and the technique of needle turn appliqué to apply the design to a background fabric. These hand quilting concepts will allow students to complete a beautiful Hawaiian style pillow.

### MACHINE QUILTING (AM) WITH KYONG ANGUAY

One class per week for 4 weeks: Saturdays, 9am – 12pm

**Jun 1–Jun 22 / Baby Quilt**

**Jun 29–Jul 20 / T-Shirts Quilt**

**Jul 27–Aug 17 / Hexagon Quilt**

**Aug 24–Sept 14 / Bags, Bags, Bags**

Ages 16 and older

\$100 per person (plus supplies)

Learn how to cut fabric and assemble the pattern while learning quilting tips and how to complete a quilt from start to finish. Must have your own sewing machine and basic sewing skills. See sample in the Sales Store.

### MACHINE QUILTING (PM) WITH KYONG ANGUAY

One class per week for 4 weeks: Saturdays, 1 – 4pm

**Jun 1–Jun 22 / Baby Quilt**

**Jun 29–Jul 20 / T-Shirts Quilt**

**Jul 27–Aug 17 / Hexagon Quilt**

**Aug 24–Sept 14 / Bags, Bags, Bags**

Ages 16 and older

\$100 per person (plus supplies)

Learn how to cut fabric and assemble the pattern while learning quilting tips and how to complete a quilt from start to finish. Must have your own sewing machine and basic sewing skills. See sample in the Sales Store.

## Photography

### BASIC DIGITAL PHOTOGRAPHY WITH RON STEINER

One class per week for 4 weeks: Tuesdays, 6 – 8pm

**Jun 4–25 • Jul 9–30**

One class per week for 4 weeks: Wednesdays, 10am – 12pm

**Jun 5–26 • Jul 10–31**

Ages 14 and up

\$75 per person (plus supplies)

Students will learn how to use their cameras to achieve various photographic techniques and understand digital photographic terminology and concepts. Lighting, framing and composition will be discussed to achieve quality images with a wide variety of examples provided. Low light, nature, sports, and leisure photography will no longer be guess work and you will capture pictures like you've always wanted to.

## Woodworking

For more information on dates/times, please call  
(808)-448-9911.

### WOOD SHOP SAFETY CLASS

One-day class, offered on select Saturdays, 4:30 – 7:30pm

(arrive 15 minutes prior to class to sign in)

Ages 12 years & older (ages 12 – 15 must be accompanied by a parent or guardian)

\$20 per person

This 3-hour class will emphasize the proper and safe use of the different equipment in our shop. After completion of the class, you will be issued a woodshop safety certification card enabling use of the shop tools and equipment.

### PEN TURNING CLASS

One-day class, offered on select Saturdays & Sundays,

7:30 – 11:30am

Ages 12 years & older (ages 12 – 15 must be accompanied by a

parent or guardian)

\$50 per person (supplies included)

Must take the safety class prior to class. This class will emphasize the basic uses of the lathe. Students will learn the steps to turn their own koa pen. This class is required for use of the lathe during shop hours. Pre-registration is necessary to secure a spot for the class.

### SAFETY CLASS WITH PEN TURNING

One-day class, offered on select Saturdays & Sundays,

7:30 – 11:30am (arrive 15 minutes prior to class to sign in)

Ages 12 years & older (ages 12 – 15 must be accompanied by a parent or guardian)

\$60 per person (supplies included)

This class will emphasize safety in the shop as well as the specific equipment needed to turn a pen. Once the safety portion is completed, students will make their own pen to take home. Pre-registration is necessary to secure a spot for the class.

### CUTTING BOARD CLASS

One class per week for 3 consecutive weeks.

Offered on select Fridays, 5 – 9pm and

Sundays, 7:30 – 11:30am

Ages 16 years & older

\$135 per person (deposit of \$85.00 is due at registration)

This is a great beginner class for people who just want to start woodworking but are unsure of where to start! The students will make end-grain cutting board, great for gifts! *Current safety qualification card needed to take the class.*

### KEEPSAKE BOX CLASS

One class per week for 4 consecutive weeks.

Offered on select Fridays, 5 – 9pm

Ages 16 years & older

\$135 per person (\$90 sign-up fee + \$45 supply fee)

This class will emphasize how to make a box with miter joints and splines. Students will learn the steps to make two Keepsake Boxes (Curly Maple/Walnut woods). *Current safety qualification card needed to take the class.*

## CHILDREN'S CLASSES & CAMPS

### YOUTH WOOD WORKING SAFETY CLASS WITH PEN TURNING

One-day class, offered on select days.

Ages 12 – 16 (ages 12 – 15 must be accompanied by a parent or guardian)

\$60 per person (supplies included)

This class will emphasize safety in the shop as well as the specific equipment needed to turn a pen. Once the safety portion is completed, students will make their own pen to take home. Pre-registration is necessary.

### YOUNG ARTIST HAND-BUILDING WITH CLAY WITH ROCHELLE LUM

One class per week for 4 weeks:

Thursdays, 1 – 2:30pm

**Jun 6–27 • Jul 11–Aug 1**

Thursdays, 3 – 4:30pm

**Aug 1–22**

Ages 7–13

\$45 per person (plus \$15 fee payable to the Ceramics Dept.)

This class is perfect for the young artist interested in learning basic pottery techniques: pinch-pots, coil building, etc. Students will also learn about underglaze and glaze technique by learning the entire process and how clay is transformed.



### BEGINNING SEWING FOR KIDS WITH AMANDA BUSSEY

One class per week for 4 weeks: Mondays, 11am – 12:30pm

**Jun 3–24**

Ages 9 – 13

\$75 per person (plus supplies)

This class is designed for kids who are interested in learning the fundamentals of sewing. They will be taught basic sewing machine operation, and sewing techniques as well as learn about different kinds of fabric. We will construct a simple project applying this information. Pattern will be provided by instructor. Students **MUST** have their own sewing machine and supplies.

### INTERMEDIATE SEWING FOR KIDS WITH AMANDA BUSSEY

One class per week for 5 weeks: Mondays, 11am – 12:30pm

**Jul 1–29**

Ages 9 – 13

\$85 per person (plus supplies)

This class is designed for kids who already have basic sewing experience. We will build on the fundamentals taught in beginner classes. Students will complete a more advanced project using a commercial pattern. Students **MUST** have their own sewing machine and basic sewing experience.

### PARENT AND ME BASIC CROCHET WITH TIFFANY DEVINE-GRIFFITH

One class per week for 3 weeks:

Wednesdays, 3:30 – 5:30pm

**Jun 5–19 • Jul 3–17 • Aug 7–21**

Saturdays, 1 – 3pm

**Aug 10–24**

Ages 7 – 11 (with an accompanying, paying adult/guardian)

\$35 per person (plus supplies)

In basic crochet, parents and children will learn how to make different crochet stitches needed for any project and will have a completed scarf displaying these stitches. Students will also learn how to hold the hook properly read patterns, do a foundation change, change colors.

### ART EXPLORATIONS WITH JESSICA FRANKLIN

Two class per week for 4 weeks: Tuesday & Thursdays, 9 – 10am

**Jun 4–27 • Jul 9–Aug 1**

Ages 3 – 6

\$80 per person (supplies included)

Preschool aged children will have the opportunity to use a variety of art supplies to create imaginative, process-oriented projects. They will be guided in the safe and appropriate use of materials, but final products are very open-ended. Wear clothes that can be get messy! Also, a parent or guardian attendance is mandatory during the first class and as needed.

### AFTER SCHOOL WATERCOLOR CLASSES WITH JEFF SANDERS

One class per week for 6 weeks: Tuesdays, 3:45 – 5:15pm

**Jun 25–Jul 30 • Aug 6–Sept 10**

Ages 7 – 18

\$70 per person (plus supplies)

In this class, youth will paint a watercolor wheel; learn color theory as we mix the paints and their components. Brush techniques and paper information will be taught as they paint.

### HOME-SCHOOL WATERCOLOR CLASSES WITH JEFF SANDERS

One class per week for 6 weeks: Thursdays, 1:30 – 3pm

**Jun 20–Aug 1 (No class-July 4) • Aug 8–Sept 10**

Ages 7 – 18

\$70 per person (plus supplies)

In this class, youth will paint a watercolor wheel; learn color theory as we mix the paints and their components. Brush techniques and paper information will be taught as they paint.

### CONTINUING CHILDREN'S WATERCOLOR CLASSES WITH JEFF SANDERS

One class per week for 6 weeks: Thursdays, 3:45 – 5:15pm

**Jun 20–Aug 1 (No class-July 4) • Aug 8–Sept 12**

Ages 7 – 18

\$70 per person (plus supplies)

This course is structured as a continuation of the beginning class. The focus is on additional techniques and exercises, pictorial composition, guidance for self-directed projects and providing a place for those who find it difficult to work at home.

## EVENTS & ACTIVITIES

### SUMMER CRAFT CAMP

Four classes per session: Tuesdays–Fridays, 10am – 12pm

**Jun 4–7 • Jun 11–14 • Jun 18–21 • Jun 25–28**

**Jul 9–12 • Jul 16–19 • Jul 23–26 • Jul 30–Aug 2**

Ages 7 and up.

\$70 per person (supplies included)

There's no limit to the beauty a child can create when given some instruction and artistic freedom. With an ounce of inspiration, a pinch of creativity and a sparkling of imagination, your child will craft a summer of enjoyment. New creative projects each session. Supplies are included in the cost. Sign up Now, class fills up FAST!

### COOKIES & CANVAS WITH DENNIS MCGEARY

4th Wednesday of the month, 3:30 – 5:30pm

**Jun 26 • Jul 24 • Aug 28**

Ages 7 – 14

\$30 per person (supplies included)

Create painted masterpieces on canvas while enjoying a sweet treat. Single sessions make this fun and affordable. Each session will be a new image such as sunsets, butterflies, waves, and more. This fun learning experience includes art, music, and sweets. *Be sure to wear clothes to paint in!*

### OHANA PAINT NIGHT WITH APRIL DUQUE

One class per month: Fridays, 5:30 – 7:30pm

**Jun 28 • Jul 26 • Aug 30**

Ages 7 and older

\$35 per person (supplies included)

Our instructor leads parents and children step-by-step through the featured painting of the night. Each paid attendee will leave with their own completed painting on 11 x 14 canvas. Varied refreshments will be provided at no additional cost. Online registration can be completed at: [greatlifehawaii.com/recreation/arts-crafts/ac-online-registration](http://greatlifehawaii.com/recreation/arts-crafts/ac-online-registration).

### PICK & PAINT CERAMICS

Tuesday – Saturday, 9am – 5pm

**Arts & Crafts Center**

From kid's figurines to large serving platters, we have an extensive selection of pottery ready for you to personalize. We provide glaze, brushes, stencils and sponges. You pick it, you paint it, we fire it, and have it ready for you in 14–21 days. Price varies by piece and includes glaze, firing, supplies and studio time. All ages welcome. A perfect place for friends and family to get creative together. Have a little one? Put your child's handprint or footprint on a plate or tray for a lasting memory.

### PAINT & SIP

First and third Wednesday of the month, 5:30 – 8:30pm

**Jun 5 & 19 • Jul 3 & 17 • Aug 7 & 21**

**Tradewinds**

\$40 per person (\$20 non-refundable deposit online, \$20 at the door)

A two-hour painting party! Our experienced instructor leads you step-by-step through the featured painting of the night. You'll leave with your own completed 16" x 20" painting on canvas. All supplies are included. No experience necessary!

HICKAM ARTS & CRAFTS CENTER

# JOIN OUR EMAIL LIST



Our monthly email will include:

- UPDATED DOWNLOADABLE CLASS SCHEDULE
- UPCOMING SPECIAL EVENTS
- DEPARTMENT SPECIALS

To join, just visit:

[jbphh.greatlifehawaii.com/Recreation/Arts & Crafts/Email List Subscription](http://jbphh.greatlifehawaii.com/Recreation/Arts&Crafts/EmailListSubscription)



**SYNC ARTS/CRAFTS CALENDAR**

A Calendar that's always current.  
Download our e-calendar!

For an up-to-date live calendar of our latest events, sync your personal devices (mobile phone, iOS, Android device, personal computer) by signing up at [www.greatlifehawaii.com](http://www.greatlifehawaii.com).





# SUMMER CRAFT CAMPS

at the Hickam Arts & Crafts Center



There's no limit to the beauty a child can create when given some instruction and artistic freedom. Each session is taught by a different instructor with various crafts done each day.

TUESDAY - FRIDAY, 10AM - 12PM

**June 4 - 7**

**June 25 - 28**

**July 23 - 26**

**June 11 - 14**

**July 9 - 12**

**July 30 - Aug. 2**

**June 18 - 21**

**July 16 - 19**

**\$70 per student** (ages 7 & up),  
per weekly session

Sign up soon, classes fill up fast!  
To register, visit [greatlifehawaii.com](http://greatlifehawaii.com)  
and search: Arts and Crafts Registration

QUESTIONS?

**448-9907**

Hickam Arts & Crafts Center  
335 Kuntz Ave, Bldg 1889





# JUNE • JULY OUTDOOR RECREATION

## SIGN UP INFORMATION

To sign up for any of Outdoor Recreation's wonderful trips and tours, you must sign up in person at the appointed facility (see facilities and color code below). Registration for April activities is currently open. **Registration for July activities begins June 1.**

Signups can be taken as late as two days prior to trip departure. We will only accept late registration on a case-by-case basis. Signups for our trips are on a first-come, first-served basis and must be paid in advance.

Most trips run by Outdoor Recreation are for ages six and up, but some trips may have other age requirements. Check with our knowledgeable staff to find out age restrictions or other requirements. *For all water activities, participants must know how to swim without a lifejacket.*

All tour activities and locations are subject to change without notice due to weather and other considerations.

**OUTDOOR RECREATION**  
**HICKAM HARBOR • 449-5215**

**RAINBOW BAY MARINA • 784-0167**

**For activities that require online registration, visit [www.greatlifeohawaii.com](http://www.greatlifeohawaii.com) and search: ODR Registration**



**SYNC ODR CALENDAR**  
A Calendar that's always current.  
Download our e-calendar!

For an up-to-date live calendar of our latest events, sync your personal devices (mobile phone, iOS, Android device, personal computer) by signing up at [www.greatlifeohawaii.com](http://www.greatlifeohawaii.com).

## SURFING

### LEARN TO SURF AT HICKAM HARBOR

- June 2 Sign up by June 1
- June 30\* Sign up by June 28  
Begins: 9 am | Ends: 12 pm  
Cost: \$30 and \*\$40

Located right on site, join the Hickam Beach staff for an all-inclusive group surf lesson! The instructors here will familiarize you with technique, gear, etiquette and methods on how to surf. Our class starts out on land, and then transitions to the water (near shore). Once you are comfortable and ready, we will take the surf taxi out to the breaks for some awesome surf and memories that will last a lifetime. Our energized and experienced instructors will provide everything you need to have a good experience learning to shred some water here in the surf capitol of the world. For more info feel free to give us a call or visit the Hickam Harbor office. *Participants must be proficient at swimming and can do so without a lifejacket.*

### WOMEN'S SURFING

- June 15 Sign up by June 13
- July 14\* Sign up by April 12  
Begins: 9 am | Ends: 12 pm  
Cost: \$30 and \*\$40

In a class all their own, we are getting you out to enjoy the breaks! Come out and get professional instructions from our own Outdoor Recreation staff. Let the trained staff at the Hickam Harbor make your surfing experience a pleasant, enjoyable and successful one. We will school you in the history, wave science, etiquette, and technique. We will also get you on the right board, provide a short boat ride to "the lineup" and give you personal instruction in excellent un-crowded waves. Don't miss out on this righteous opportunity! *Participants must be able to swim without a lifejacket.*

## STAND-UP PADDLE BOARDING

### LEARN TO STAND-UP PADDLE BOARD AT HICKAM HARBOR

- June 1 Sign up by May 29
- June 16 Sign up by June 13
- July 7\* Sign up by July 5
- July 27\* Sign up by July 25  
Begins: 9:15 am | Ends: 10:15 am  
Begins: 10:30 am | Ends: 11:30 am  
Cost: \$25 and \*\$30

This is the perfect class to get your feet wet and discover stand up paddle boarding. This class is an introductory class giving you the ability to learn the basics in a stress free environment. Paddle boarding is a great way to provide a good work out, and enjoy the ocean. Come join the group and experience something new!

### STAND-UP PADDLE BOARD AT HALEIWA/NORTH SHORE

- July 13 Sign up by July 11  
Begins: 8 am | Ends: 2 pm  
Cost: \$30

Join us as we head to historic Hale'iwa town to tour the beautiful Anahulu Stream. Experience Hawaii's beauty as you weave your way down a mile of streambed to the Pacific Ocean and let the Outdoor Adventure staff provide the transportation, instruction, and equipment. If the surf looks good, we might even drop in on a wave or two. Don't let this awesome opportunity drift away!

**Level:** Easy (must have open ocean swimming experience).

## KAYAKING

### KAYAKING AT CHINA MAN'S HAT

- July 27 Sign up by July 25  
Begins: 8 am | Ends: 1 pm  
Cost: \$25

This trip offers a variety of opportunities for you! It's a short paddle out to one of Hawaii landmark locations. Come with us and explore around the small island and possibly catch a wave or two. Pull your kayaks on the shore and enjoy swimming or tide pool viewing. If the weather is nice we can even take a



short hike around the island. This trip is considered moderate to strenuous in level of difficulty; you're encouraged to bring lunch or snacks and plenty of water.

**Level:** Easy (must have open ocean swimming experience).

### KAYAKING THE MOKULUA ISLANDS

- June 9 Sign up by June 11
  - July 6 Sign up by July 4
- Begins: 7 am | Ends: 2 pm  
Cost: \$40

Located on the windward side of the Island, off Kailua and Lanikai are the Moku Islands; a protected bird sanctuary. Join us for the day as we have some fun kayaking in the area and enjoy the great weather that the island has to offer. This activity requires paddlers to have kayaking experience. Intermediate to advance skill set required due to the level of difficulty depending on winds and ocean conditions. Bring your swimsuit, sun block, lunch, water and snorkeling gear if so inclined. Trip includes transportation, paddling gear and guides.

### NORTH SHORE OPEN OCEAN KAYAK

- June 2 Sign up by May 31
- Begins: 8 am | Ends: 1 pm  
Cost: \$35

Come see the North Shore from a whole new perspective. Jump in the van with us and ride up to Hale'iwa for an amazing kayak trip. Enjoy views of Pua'ena point and Lost Survivors Beach Camp, where portions of the movie *Lost* was filmed. You may even get an opportunity to paddle up the Hale'iwa River passing under the famous Rainbow Bridge. This trip is for intermediate to advanced. Kayaking experience is required. Transportation, gear and guides all included. Bring water, snacks and a smile.

**Level:** Hard (We do require an ocean test the Wednesday before the trip or upon the day you sign up. This will include a self-rescue, simple kayak route and to show us your overall capability to handle a kayak on your own. Please note you will get wet!)

### IROQUOIS POINT OPEN OCEAN KAYAK

- June 22 Sign up by June 20
- Begins: 8 am | Ends: 2 pm  
Cost: \$35

Start our voyage from historical Hickam Harbor out into the open ocean to Iroquois Point. While kayaking into the open ocean, we will enjoy the most beautiful views that most sailors can only enjoy on their return home from being out to sea. As you are kayaking, you will appreciate a breath taking view of the Pu'u'uloa (long hill) and Wai Momi (Pearl Harbor). Lastly, this journey will come to an end at Iroquois Point where you are overwhelmed by the glorious view of Leahi (Diamond Head). Bring \$ for lunch on the beach at D'lish @ Kapilina!

**Level:** Hard (We do require an ocean test the Wednesday before the trip or upon the day you sign up. This will include a self-rescue, simple kayak route and to show us your overall capability to handle a kayak on your own. Please note you will get wet!).

### MOONLIGHT PADDLE AT HICKAM HARBOR

- June 17 Sign up by June 15
  - July 16 Sign up by April 14
- Begins: 7:30 am | Ends: 9:30 am  
Cost: \$25

What better way to melt the day to day stress than to join us for an evening paddle. As the moon lights our way across the water, enjoy the company of the group, and let our guides lead the way. Trip includes all required gear. Prior kayaking experience is recommended. Bring water and dry clothes to change into after the activity.

## FISHING

### BOTTOM FISHING AT HICKAM HARBOR

- June 9 Register online by June 7\*  
Begins: 9 am | Ends: 12 pm
- June 29 Register online by June 27\*  
Begins: 2:30 pm | Ends: 5:30 pm
- July 13 Register online by July 11\*  
Begins: 9 am | Ends: 12 pm
- July 28 Register online by July 26\*  
Begins: 9 am | Ends: 12 pm  
Cost: \$30

\*Registration available online only.

Enjoy a relaxing morning or afternoon taking part at your luck to land that big one. Join our staff as we help you cast your line out and provide pointers if you need to help bring in the oceans bounty. You never know what you might catch. A wide variety of reef fish and a token shark or two will put you to the test. This is a great trip for experts and beginners alike. Trip includes gear, bait, guides and the boat. Bring a snack and some drinks to help complete your relaxing afternoon on the water.

### SPEARFISHING EXCURSION

- June 8 Sign up by June 6
  - July 6 Sign up by July 4
- Begins: 9 am | Ends: 12 pm  
Cost: \$20

Come and sharpen your skills with our instructors, and try your luck at capturing what the ocean has to offer. Enjoy three hours of open water, good company and a wide array of fish. *Must have taken our "Learn to Spearfish" course to participate, as the skills needed for this activity can be moderate to difficult.*

### LEARN TO SPEARFISH

- June 22/23 Register online by June 20\*
- July 20/21 Register online by April 18\*  
2 Day Course (Sat/Sun); Begins: 9 am | Ends: 12 pm  
Cost: \$60

\*Registration available online only.

Spear fishing is as exciting and challenging as it sounds! The Outdoor Recreation staff will show the basics so you can enjoy Hawaii's undersea world, become an accomplished free diver and acquire the skills needed to catch your dinner. The first half of the class is held at Hickam Pool and lasts about 3 hours. We'll go over rules and regulations set by the state, where you can and cannot go, and what you can and cannot eat. Physiology, techniques, training, equipment, knowledge, and safety are topics we cover, and you will hit the water for some target practice as well. The second part, depending on the skill level, we usually do the first dive in shallow water, 6 to 12 feet deep on then meet back at our boat to discuss the dive. The second dive is in water about 10 to 20 feet deep depending on the group's ability. Even if you are unable to spear any fish, you'll have a blast just being out there! You'll need your own mask, fins, snorkel, and transportation is on us. You're welcome to bring your own gear if you want *Participants must know how to swim and prior snorkel experience is required.*

## BIKING

### HALE'IWA BIKE/SNORKEL

- June 15 Sign up by June 13
- Begins: 8 am | Ends: 2 pm  
Cost: \$30

Come take a casual bike ride with us through Hale'iwa and Wailua. It offers alluring views of the infamous North Shore. This relaxing journey that we take offers a protected bike path, smooth terrain and the beauty of the Wailua mountain. The ride will continue

on towards the glamorous 'Aweoweo Beach Park. After enjoying the beautiful scenery of 'Aweoweo Beach Park, we will return to Hale'iwa to cool down in the refreshing ocean with a snorkel session.

**Level:** Easy (must have bike riding and snorkel experience).

## HIKING

### HIKE EHUKAI PILLBOX

- July 21 Sign up by July 19
- Begins: 8 am | Ends: 1 pm  
Cost: \$20 per person

Join us on a journey to the North Shore where this hike leads to some amazing views. Climb to the top for a panoramic scene of Oahu's famous North Shore. Views will include Sunset Beach and the Banzai Pipeline. Bring some extra cash with you for a stop for some local grindz (lunch).

**Level:** Moderate

## YOUTH OCEAN ADVENTURE: SUMMER

### YOUTH OCEAN SUMMER ADVENTURE

- June 3 – 14; June 17 – 28; July 8 – 19; July 22 – Aug 2
- Keiki Ocean Adventure (ages 7 – 9 years old)  
Begins: 9 am | Ends: 12 pm  
Youth Ocean Adventure (ages 10 – 15 years old)  
Begins: 1 pm | Ends: 4 pm  
Cost: \$175 per person

\*Registration available online only.

Join the Hickam Beach staff as we share the aloha and Hawaiian fun! This adventure is split into two sessions, with morning sessions for 7-9 years old and afternoon sessions for 10-15 years old. Enjoy a week's worth of fun ocean activities including swimming, fishing, kayaking and more! Each session will vary depending on weather, ocean conditions and the abilities of the group. Space is limited so sign up soon. Call 449-5215 for more information.

(continued on next page)

## BEACHES

### HICKAM BEACH • 3455 Mamala Bay Dr. SURF SHACK • 449-5215

Hours: Friday – Sunday, 10 am – 4 pm

#### BEACH EQUIPMENT RENTAL

\*Subject to cancellation due to weather

Kayak (1 per) \$5 hr • \$20 day	Kayak (2 per) \$7 hr • \$25 day
Surf Board \$5 hr • \$25 day	Paddle Board \$9 hr • \$25 day
Beach Lounger \$5 hr • \$15 day	Wind Surfing Board \$10 day

#### PRIVATE LESSONS

Surfing: \$35 for a 2-hour lesson

Wind Surfing: \$40 for a 2-hour lesson

Standup Paddle Boarding Beginner (1 hour): \$25

Standup Paddle Boarding Intermediate (2 hour): \$35

### WHITE PLAINS BEACH

#### Kalaeloa SURF SHACK • 682-4925

Hours: Daily, 10 am – 5:30 pm (last turn-in)

#### BEACH EQUIPMENT RENTALS

Body Board \$1 hr • \$5 day	Paddle Board \$9 hr • \$25 day
Body Board w/Fins \$3 hr • \$10 day	Fins \$2 hr • \$5 day
Surf Board \$3 hr • \$25 day	Horseshoes/Volleyball \$3 day

#### PRIVATE LESSONS

Surfing: \$35 for a 2 hour lesson

Call to schedule an appointment (Mon – Fri only).



# MARINAS CLASSES & ACTIVITIES

ALL INFORMATION SUBJECT TO CHANGE

## SAILING CLASSES

Adult and Youth sailing classes are taught by one of our certified instructors. Class consists of classroom theory and on-the-water group instruction.

### START SAILING RIGHT AT HICKAM HARBOR

- Tues | May 28 Sat | June 1, 8, 15, 22

Cost: \$85 per person  
9 am – 1 pm or 1 – 4 pm  
Ages 18 & up

Maximum of 8 students per session.

### START SAILING RIGHT AT RAINBOW BAY MARINA

- Sat/Sun | July 6 & 7
- Sat/Sun | July 13 & 14

Cost: \$85 per person  
1 – 5 pm  
Ages 18 & up

Adult sailing class taught by one of our certified instructors. Class consists of classroom theory and on-the-water group instruction. Maximum of 8 students per session. \*Online registration available.

### INTERMEDIATE SAILING AT RAINBOW BAY MARINA

- Sat/Sun | June 8 & 9; June 15 & 16
- Cost: \$75 per person  
1 – 5 pm  
Ages 18 & up

This course is designed as a continued education course on sailing. Enter into further understanding of theory and begin the basics of competitive sailing. \*Online registration available.

### ADULT LEARN TO SAIL CLASS AT RAINBOW BAY MARINA

- Mon/Wed | June 3, 5, 10, 12, 17, 19, 24, 26
  - Mon/Wed | July 1, 3, 8, 10, 15, 17, 22, 24, 29, 31
- Cost: \$65 per person (in June), \$85 per person (in July)  
9:30 – 11:30 am (excludes holidays)  
Ages 18 & up

\*Registration is done by the month and available online only. Adult sailing class taught by one of our certified instructors. Class consists of classroom theory and on-the-water group instruction. Maximum of 8 students per session, minimum of 4.

### YOUTH BEGINNERS SAILING AT RAINBOW BAY MARINA

- Mon/Wed | June 3, 5, 10, 12, 17, 19, 24, 26
  - Mon/Wed | July 1, 3, 8, 10, 15, 17, 22, 24, 29, 31
- Cost: \$65 per person (in June), \$85 per person (in July)  
12 – 2 pm or 3:30 – 5:30 pm (excludes holidays)  
Ages 10 – 17 years

\*Registration is done by the month and available online only. Beginners sailing class taught by one of our certified instructors. Class consists of classroom theory and on-the-water group instruction. Maximum of 8 students per session, minimum of 5.

### YOUTH LEVEL 2 SAILING AT RAINBOW BAY MARINA

- Tues/Thurs | June 4, 6, 11, 13, 18, 20, 25, 27
  - Tues/Thurs | July 2, 4, 9, 11, 16, 18, 23, 25, 30
- Cost: \$65 per person (in June), \$85 per person (in July)  
12 – 2 pm or 3:30 – 5:30 pm (excludes holidays)  
Ages 10 – 17 years

\*Registration is done by the month and available online only. Level 2 sailing class taught by one of our certified instructors. Class consists of theory and on-the-water group instruction. Maximum of 20 students per session, minimum of 5.

### ADULT SMALL BOAT SAILING COURSE AT HICKAM HARBOR

- Wed/Fri | June 5, 7, 12, 14, 19, 21, 26, 28 | 9:30 am – 12 pm

- Fri | July 5, 12, 19, 26 | 9:30 am – 12 pm
- Cost: \$65 per person (in June), \$70 per person (in July)  
9:30 am – 12 pm  
Ages 18 & up

\*Registration is done by the month and available online only. Come sail at Hickam Harbor! Learn to rig and sail small sailboats. No experience required! Open to new and salty sailors 18 and over. Maximum of 8 students per session, minimum of 2.

### YOUTH BEGINNERS SAILING AT HICKAM HARBOR

- Wed/Fri | June 5, 7, 12, 14, 19, 21, 26, 28
  - Wed/Fri | July 3, 5, 10, 12, 17, 19, 24, 26, 31
- Cost: \$65 per person (in June), \$85 per person (in July)  
3:30 – 5:30 pm (in June), 3 – 5 pm (in July)  
Ages 10 years & up

\*Registration is done by the month and available online only. This course is taught by our certified sailing instructors. Class consists of classroom theory and on-the-water group instruction. This class focuses on new and timid sailors-to-be. Space is limited to 8 students per class.

### YOUTH INTERMEDIATE SAILING AT HICKAM HARBOR

- Tues/Thurs | June 4, 6, 11, 13, 18, 20, 25, 27
  - Tues/Thurs | July 2, 9, 11, 16, 18, 23, 25, 30
- Cost: \$65 per person (in June), \$85 per person (in July)  
3:30 – 5:30 pm (in June), 3 – 5 pm (in July)  
Ages 10 & up

\*Registration is done by the month and available online only. Prerequisite: Students registering must have permission from instructors to register for this class. Ages 10 years & up. Class consists of classroom theory and on-the-water group instruction. This class accommodates intermediate and advanced sailors. Space is limited to 5 students per class.

### FAMILY SAILING

- By Appointment

### SUNSET REGATTAS

- Thu | 4 pm – Sunset
- Cost: \$5 per boat

### R-19 BOATER'S CERTIFICATE

- By Appointment | 4 hours
- Cost: \$80 per session

\*Must have 10 rental hours @HH to schedule appointment.

### BOAT CHECKOUT CLASS AT HICKAM HARBOR

- Tues/Wed/Thurs/Fri | 1 – 3 pm
  - Wed | 10 am – 12 pm
- Cost: \$25 per person

\*For experienced Sailors ONLY.

### BOAT CHECKOUT CLASS AT RAINBOW BAY MARINA

- Tues/Thurs | 9 am – 12 pm (only one class day is required)
- Cost: \$30 per person

Already an experienced Sailor but want to rent our boats? Sailing card expired? This course is a three-hour refresher showing the operation of our Rhodes 19 sailboat. Sailing experience is required. Once successfully demonstrating your ability to sail our boats and can navigate our harbor, you will be granted a sailing card to rent our boats. Sign up at Hickam Harbor Marina.

## OUTRIGGER CANOE PADDLING

### P.T. OUTRIGGER CANOE PADDLING AT RAINBOW BAY

- Mon – Fri  
6:30 am, 7:30 am, 8:30 am, 9:30 am, 10:30 am, 11:30 am
- Cost: \$3 per session

### OUTRIGGER CANOE PADDLING AT HICKAM BEACH (HONEY MOON BEACH LOCATION)

- Fri | June 14, 28
  - Fri | June 12, 26
- 8:30 – 9:30 am  
Cost: \$5 per person

\*Must pre-register at Hickam Harbor Marina. Registration can be taken up to the day before the activity.

Come get an early workout before the day starts! What better way to end your week than to have an exhilarating workout and get the sweat going. All ability levels welcome!

### OUTRIGGER CANOE PADDLING AT RAINBOW BAY MARINA

- Mon/Wed/Fri | 8:30 – 9:30 am
- Cost: \$5 per person/per hour  
Ages 10 & up

Recreational paddling. Signups held at the Rainbow Bay Marina. Space is limited to the first 12 people.

## RECREATIONAL EQUIPMENT RENTALS

Bldg. 1760 Kuntz Ave., Hickam

449-6870

Mon-Fri: 9am-5pm

Sat: 9am-1pm

MWR Recreational Equipment Rental is your one stop shop for all your party and outdoor recreation equipment!

Need to rent some camping equipment for your campout next weekend? Don't own a surfboard and want to rent one for lessons? Or gearing yourself up for a bike trail but don't have the bike? Items available for rent from MWR include camping gear, water sports equipment, bikes and sports gear.

Are you celebrating a birthday or other special occasion soon? MWR has all of the party equipment you'll need to throw a party they won't forget.

Among the items MWR offers are bounce houses, patio chairs and umbrellas, coolers, grills, cotton candy and popcorn machines, and more! Items are rented on a first-come, first-served basis. Full payment is required at time of rental. Replacement and labor cost per item will be charged for lost and damaged items. Late fees will apply. Available to all military affiliated personnel 18 years or older with a valid ID.

Check [www.greatlifehawaii.com](http://www.greatlifehawaii.com) for price lists.

### PATIOS & PAVILIONS

Hickam Harbor • 449-5215

Pearl Harbor & Barbers Point • 784-0167

Plan your next party at one of MWR's patios and pavilions. A variety of sizes accommodates parties from 10 to 200+. Many party patios can accommodate bounce houses, tents, bands, etc.

### Facilities and areas at Hickam Beach:

Foster Point Gazebo, Honeymoon Beach, Hickam Beach Cabanas, Outdoor Rec Villa, Hickam Harbor Waterfront

### Facilities and areas at Pearl Harbor and Barbers Point:

Rainbow Point Pavilion, Rainbow Bay Pavilion, Rainbow Bay Cabanas, Tea House, Makalapa Rec Complex, Richardson Fields, White Plains Beach Cabanas, Nimitz Cove Beach Cabanas



# Liberty Calendar

Sponsored by



# JUNE 2019

Free & low-cost activities for single active-duty military E1-E6

Register online at [jhpgh.greatlifehawaii.com](http://jhpgh.greatlifehawaii.com). Go to Liberty, then Online Registration Calendar. For a mobile friendly site please visit [www.facebook.com/LibertyHawaii](http://www.facebook.com/LibertyHawaii) and click on the top, pinned post.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>Liberty programs are for single, active-duty Military E1-E6 only. Transportation is provided for all off-site events, just meet at the Liberty Centers or the Makai Recreation Center at the times shown. Payment, if needed, is due at the time of registering online. Cancellations must be done Monday-Friday with 48 hours' notice by calling the Beeman Center in order to receive a refund.</p> <p><b>FOR MORE INFORMATION, PLEASE CALL ONE OF THE FOLLOWING LIBERTY CENTERS:</b></p> <p><b>Beeman Center (Pearl Harbor Sub Base) 473-2583</b>  <b>Makai Liberty (Hickam) 808-448-0418</b>  <b>Liberty Express (Wahiawa Annex) 653-0220</b></p>						<p><b>1</b>  <b>Hike Puu Maelieli [BEG]</b>  FREE  Express 0900  Beeman 0930  Instant 0945  Makai 1000  <b>Kualoa Secret Island &amp; BBQ</b>  \$20  Express 0830  Beeman 0915  Instant 0930  Makai 0945</p>
<p><b>2</b>  <b>Snorkeling Sharks Cove</b>  FREE  Express 1000  Beeman 0900  Instant 0915  Makai 0930  <b>North Shore Star Gazing</b>  FREE  Express 1900  Beeman 1800  Instant 1815  Makai 1830</p>	<p><b>3</b>  <b>Bowling &amp; Pizza</b>  FREE  Beeman 1800</p>	<p><b>4</b>  <b>Night Fishing</b>  FREE  Express 1500  Beeman 1600  Instant 1615  Makai 1630</p>	<p><b>5</b>  <b>Pau Hana Surf Session</b>  FREE  Express 1400  Beeman 1445  Instant 1500  Makai 1515</p>	<p><b>6</b>  <b>Movies with Liberty @ Dole Cannery</b>  \$5  Express 1645  Beeman 1730  Instant 1745  Makai 1800</p>	<p><b>7</b>  <b>Spam Musubi For Lunch</b>  <i>Sponsored by USAA</i>  FREE  Beeman 1100-1300  <b>Super Smash Bros. Ultimate Tournament</b>  FREE  Makai 1800  <b>WIN PRIZES!!!</b></p>	<p><b>8</b>  <b>Volunteer Opportunity: Kayaking Chinamans Hat Clean-up</b>  FREE  Express 0900  Beeman 0930  Instant 0945  Makai 1000  <b>Hike Wiliwilinui Ridge [ADV]</b>  FREE  Express 0830  Beeman 0900  Instant 0915  Makai 0930</p>
<p><b>9</b>  <b>Wet 'N' Wild Hawaii</b>  \$20  Express 0830  Beeman 0915  Instant 0930  Makai 0945  <b>Hawaii Escape Challenge</b>  \$15  Express 1700  Beeman 1800  Instant 1815  Makai 1830</p>	<p><b>10</b>  <b>Pau Hana Surf Session</b>  FREE  Express 1400  Beeman 1445  Instant 1500  Makai 1515</p>	<p><b>11</b>  <b>Texas Hold 'em Tournament</b>  FREE  Beeman 1800  <b>WIN PRIZES!!!</b></p>	<p><b>12</b>  <b>Surfboard Factory Tour</b>  FREE  Express 1400  Beeman 1430  Instant 1445  Makai 1500</p>	<p><b>13</b>  <b>Barracks Bash @ Hillside Complex</b>  <i>Sponsored by USAA</i>  FREE  1700-1900</p>	<p><b>14</b>  <b>Spaghetti For Lunch</b>  <i>Sponsored by USAA</i>  FREE  Beeman 1100-1300  <b>Volunteer Opportunity: HIC &amp; Quiksilver All Military Surf Classic</b>  FREE  Express 1400  Beeman 1445  Instant 1500  Makai 1515</p>	<p><b>15</b>  <b>HIC &amp; Quiksilver All Military Surf Classic</b>  \$15  Express 0530  Beeman 0600  Instant 0615  Makai 0630  <b>North Shore Beach Hopping</b>  FREE  Express 0930  Beeman 0830  Instant 0845  Makai 0900</p>
<p><b>16</b>  <b>Bellows Paintball</b>  \$35  Express 0830  Beeman 0900  Instant 0915  Makai 0930  <b>Sea Life Park Dolphin Royal Swim</b>  \$120  Express 1300  Beeman 1330  Instant 1345  Makai 1400</p>	<p><b>17</b>  <b>Full Moon Hike Koko Head [INTER]</b>  FREE  Express 1645  Beeman 1730  Instant 1745  Makai 1800</p>	<p><b>18</b>  <b>9 Ball Pool Tournament</b>  FREE  Beeman 1800</p>	<p><b>19</b>  <b>Video Gaming Tournament</b>  FREE  Makai 1800  <b>WIN PRIZES!!!</b></p>	<p><b>20</b>  <b>Blade &amp; Timber Axe Throwing</b>  \$15  Express 1700  Beeman 1800  Instant 1815  Makai 1830</p>	<p><b>21</b>  <b>Chili Dogs For Lunch</b>  <i>Sponsored by USAA</i>  FREE  Beeman 1100-1300  <b>Germaine's Luau</b>  \$35  Express 1500  Beeman 1600  Instant 1615  Makai 1630</p>	<p><b>22</b>  <b>Hike Ehukai Pillboxes [BEG]</b>  FREE  Express 0930  Beeman 0830  Instant 0845  Makai 0900  <b>Kayak Across Pearl Harbor</b>  \$10  Express 0800  Beeman 0830  Instant 0845  Makai 0900</p>
<p><b>23</b>  <b>Surf &amp; BBQ</b>  \$10  Express 0930  Beeman 0830  Instant 0845  Makai 0900  <b>Original Glider Rides</b>  \$50  Express 0930  Beeman 0830  Instant 0845  Makai 0900</p>	<p><b>24</b>  <b>Trivia Night @ Brick Oven</b>  FREE  Bring \$  Express 1600  Beeman 1700  Instant 1715  Makai 1730</p>	<p><b>25</b>  <b>Fortnite Tournament</b>  FREE  Express 1800  Beeman 1800  Makai 1800  <b>WIN PRIZES!!!</b></p>	<p><b>26</b>  <b>Learn To Cook With Liberty</b>  FREE  Express 1830  Beeman 1700  Instant 1715  Makai 1730</p>	<p><b>27</b>  <b>Ping Pong Tournament</b>  FREE  Makai 1800  <b>WIN PRIZES!!!</b></p>	<p><b>28</b>  <b>Saimin For Lunch</b>  <i>Sponsored by USAA</i>  FREE  Beeman 1100-1300</p>	<p><b>29</b>  <b>North Shore Shark Cage Adventure</b>  \$55  Express 1000  Beeman 0900  Instant 0915  Makai 0930</p>
<p><b>30</b>  <b>Hike Waimano Pools [INTER]</b>  FREE  Express 1000  Beeman 0900  Instant 0915  Makai 0930</p>	<p><b>DESIGNATION FOR HIKES:</b>  BEG = Beginner   INTER = Intermediate   ADV = Advanced</p>					



# Activities calendar

## dining

10th Puka Lounge • Brews & Cues  
Club Pearl • The Country Bar  
Historic Hickam Officers' Club • Koa Lounge  
La Familia Mexican Restaurant  
The Lanai at Mamala Bay • Phillies  
Planet Smoothie • Restaurant 604  
Steakout • Tradewinds  
Wright Brothers Café & Grille

### 10TH PUKA LOUNGE

At Ke'alahi Par 3 Golf Course . . . . . 448-9890

### BREWS & CUES

Bldg. 1314, North Rd (Club Pearl Complex) . . 473-1743

### CLUB PEARL

Bldg. 1314, North Rd (Club Pearl Complex) . . 473-1743

### THE COUNTRY BAR

Bldg. 1314, North Rd (Club Pearl Complex) . . 473-1743

### HISTORIC HICKAM OFFICERS' CLUB

Office next to Wright Bros. Café . . . . . 448-4608

### KOA LOUNGE

At the Historic Hickam Officers' Club. . . 448-4608

### THE LANAI AT MAMALA BAY

3465 Mamala Bay Drive . . . . . 422-3002

### PHILLIES

711 Pierce St. Beeman Liberty Center . . 387-8080

### RESTAURANT 604

At Rainbow Bay Marina . . . . . 888-7616

Enjoy local favorites, overlooking Rainbow Bay Marina.



### TRADEWINDS

Hickam Bldg. 1804 . . . . . 448-4608

Tradewinds now serving food!



## family/support

Child Development Centers  
Child Development Homes  
Military & Family Support Center  
School-Age Care • School Liaison Office  
Teen Center

### TEEN CENTER

Teen Center, 234 Melick Ave. Bldg. 1330. . 448-1068

### Color Your Summer 6.0

Saturday, June 1

5:30 – 9pm

\$5/person

Come join the teen center as we dance into summer in the most colorful of ways! Make sure you wear white to ensure the colors pop and come hangout and enjoy some good music, snacks, games, and tons of laughs! Register online.

### Family Night : Parents vs Teen Dodgeball

Tuesday, June 18

5:30 – 7pm

FREE

Teens and their families are invited to participate in some friendly competition!

### Teen Center goes Paintballing at Bellows AFB!

Friday, June 21

9am – 4pm

\$20/person

Come join the teen center on this fun field trip!

### Hail and Farewell: Summer BBQ!

Saturday, June 22

5 – 7pm

FREE

## athletics

Aquatics • Bowling  
Fitness Programs & Centers • Golf  
Intramurals • Youth Sports

### AQUATICS

Arizona Pool (Ford Island) . . . . . 472-7582  
Hickam Training Pool . . . . . 449-8274  
Hickam Family Pool . . . . . 448-2384  
Scott Pool (Pearl Harbor) . . . . . 473-0394  
Towers Pool (Makalapa) . . . . . 471-9723

### Au'au Channel Swim

Entire month of June

All JBPHH Pools

FREE

Swim the distance of the Au'au Channel – from Lana'i to Maui. (You have the whole month to complete a total of 9.5mi/15km. A map will be placed at Scott Pool while participants will be responsible for marking their daily distance with a progress card. The first 15 participants to complete the challenge will receive a prize! Sign-up sheets are at Scott Pool.

### Group Swim Lessons

June 3 – 13 (Registration May 20)

June 17 – 27 (Registration June 3)

\$80 for 8 (30 min.) lessons

All classes are taught using the Red Cross group swim lesson format and taught by certified Water Safety Instructors. Courses are designed to teach children the fundamentals of swimming in a fun and patient environment. A progressive level format is used to build on skills learned in a previous class level.

### Private Swim Lessons

June 3, 5, 10, 12 (Registration May 20)

June 17, 19, 24, 26 (Registration June 3)

\$120 for 4 (30 min.) lessons

These are one-on-one instruction sessions. They are intended for personal swim goals, with more emphasis on specific individual learning needs. Swim lessons are conducted in accordance with the American Red Cross swim lesson program.

### Float Night

Friday, June 28

5 – 7pm

Hickam Family Pool

FREE

Come enjoy a float night with family and friends! Your favorite individual sized float will be allowed. Get there early, ice cream floats will be served while supplies last.

### BOWLING

Hickam Bldg. 1891 . . . . . 448-9959

Naval Station Bldg. 1736 . . . . . 473-2574

The Escape (Wahiawa Annex) Bldg. 410. . 473-2651

### Hickam and Naval Station Bowling Centers:

Lunch Specials every weekday at our snack bars!

### The Escape (Wahiawa Annex):

Party Rentals on Saturday

(2:30pm – 5:30pm or 6:30pm – 9:30pm)

& on Sundays any 3 hours from 12 – 6pm

### Game Day Wednesday

Wednesdays, June 5, 12, 19, 26

5 – 9pm

\$10/per hour/per lane

Hickam Bowling Center

Play the newest games in Bowling. Check it out, you don't have to be a good bowler to score high. Choose from Mad Games, Skill Games, Classic Games, and Chance Games.

### Father's Day Special

Sunday, June 16

10am – 1pm

Hickam Bowling Center

Fathers bowl FREE when with a paying family member, his shoe rental is included. Up to 2 FREE bowling games for dad.

### Cosmic Bowling

Fridays, June 7, 14, 21, 28

9:30pm – 12am

Saturdays, June 1, 8, 15, 22, 29

6pm – 12am

Hickam Bowling Center



# IT'S SHOWTIME

at Your

# LIBRARY

## SUMMER READING PROGRAM 2019



## June 1 - July 13, 2019

Weekly Programs ▪ Events ▪ Prizes!

**KICKOFF: Sat, Jun. 1 ▪ 10am-12 noon**

Pick up registration packets, enjoy refreshments sponsored by the Hickam Library Friends, AND enjoy a concert with Uncle Wayne and the Howling Dog Band! Plus Random prize drawings (must be present to win!)



Self Register at <https://pearlharborhickam.beanstack.org>

Kids ages 13 and over may self-register. Parents must register all children under 13.

Download the brochure/schedule at [jbphh.greatlifehawaii.com](http://jbphh.greatlifehawaii.com)

**Questions? Call 449-8299**





## athletics (cont.)

Active Duty Military ID card holder \$2.50 per game,  
DOD card holder \$3.25 per game.

### Active Duty Bowl FREE

**Mondays, June 3, 10, 17, 24**

**11am – 1pm**

**Hickam Bowling Center**

Up to 2 free games of bowling, shoe rental not included.

### Single Sailor Bowling Night

**Monday, June 3**

**Naval Station Bowling Center**

Every First Monday Single Sailors bowl FREE along with FREE pizza and a fountain drink. Sign up at the Beeman Liberty Center.

### Father's Day Special

**Sunday, June 16**

**11am – 2pm**

**Naval Station Bowling Center**

Fathers bowl FREE when with a paying family member, his shoe rental is included. Up to 2 FREE bowling games for dad.

### Game Day Monday

**Mondays, June 3, 10, 17, 24**

**5 – 9pm**

**\$10/per hour/per lane**

**Naval Station Bowling Center**

Play the newest games in Bowling. Check it out, you don't have to be a good bowler to score high. Choose from Mad Games, Skill Games, Classic Games, and Chance Games.

### Cosmic Bowling

**Saturdays, June 1, 8, 15, 22, 29**

**8:30 – 10:30pm**

**Sundays, June 2, 9, 16, 23, 30**

**3 – 6pm**

**Naval Station Bowling Center**

Active Duty Military ID card holder \$2.50 per game,  
DOD card holder \$3.25 per game.

### Active Duty Bowl FREE

**Thursdays, June 6, 13, 20, 27**

**11am – 1pm**

**Naval Station Bowling Center**

Up to 2 free games of bowling, shoe rental not included.

### King of the Hill

**Thursdays, June 6, 13, 20, 27**

**11am – 1pm**

**Naval Station Bowling Center**

Active Duty Bowling Tournament, highest Scratch Score for (2) games for the month will be crowned the "King of the Hill." Winner to win 10 Free Games of Bowling. Call the Bowling Director for more info at 473-2651.

### Game Day Friday

**Fridays, June 7, 14, 21, 28**

**5 – 8pm**

**\$10/per hour/per lane**

**The Escape Bowling Center**

Play the newest games in Bowling. Check it out, you don't have to be a good bowler to score high. Choose from Mad Games, Skill Games, Classic Games, and Chance Games.

## FITNESS PROGRAMS & CENTERS

Hickam Bldg. 1120 ..... 448-2214  
JBPHH-Pearl Harbor Bldg. 1338 ..... 471-2019  
Naval Station Gym Bldg. 667 ..... 473-2436  
Wahiawa Annex Bldg. 446 ..... 653-5542  
Open 24 hours/day, 7 days/week (unstaffed):  
Ford Island Bldg. 55, Kunia Bldg. 446  
Makalapa Bldg. 388, West Loch Bldg. 621

### Celebrating Fathers 8k Fun Run

**Saturday, June 8**

**6:30am**

**Hickam Memorial Fitness Center**

**FREE**

This event is free to all eligible patrons. Registration begins at 5:30am. Categories: adult male, adult female, stroller male, stroller female, youth boy and youth girl. Please call 808-448-2214 for more information. 1st place finishers receive FREE registration to the upcoming 2019 JBPHH Half Marathon!

### YogaFit Level 2 Certification Class

**June 22 & 23**

**8am – 6pm**

**Wahiawa Annex Fitness Center**

**\$480**

This course will teach participants to use physical cues, mental imagery and positive affirmations. Learn poses, allowing a more varied practice. Advanced breathing techniques (pranayama) and how to incorporate them into your classes will be included. PREREQUISITE: It is a requirement that you completed the Level One course. Call 888-786-3111 to register.



### Father's Day Massage Special

**Entire Month of June**

**Hickam Spa**

**\$80**

Treat dad or someone special to a 90-minute massage for just \$80, throughout the entire month of June! Appointments are required. Please call 808-448-2214 for more information. 18 years+.

## GOLF

Barbers Point ..... 682-1911  
Ke'alahi Par 3 ..... 448-2318  
Mamala Bay ..... 449-2304  
Navy-Marine ..... 471-0142

### \$2 Tuesdays

**Tuesdays, June 4, 11, 18, 25**

**4 – 6pm**

**Mamala Bay Golf Course Driving Range**

\$2 gets you two buckets of balls, plus \$2 hot dogs, select beers, \$1 soda and bottled water. Plus, our golf pros will be on hand to offer tips. Open to ages 6 and up, call ahead to sign up.

### FREE Golf Demo Days

**Anytime during normal business hours.**

**10am – 2pm**

**Mamala Bay Golf Course  
AND**

**3:30 – 6:30pm**

**Navy-Marine Golf Course**

Try out some of the latest equipment at the driving range. For more info, call the respective golf course.

### FREE Golf Clinic

**Thursday, June 13**

**12 – 1pm**

**Navy Marine Golf Course**

Enjoy this introduction to the great game of golf. For more information, call 808-471-0142.

### 9 Before 9

**Monday – Friday (except holidays)**

**Before 9am**

**Mamala Bay Golf Course**

Tee off before 9am & play nine holes for a discounted price.

### \$30 Coupon Special

**Mondays & Tuesdays (except holidays)**

**Barbers Point Golf Course &**

**Mamala Bay Golf Course**

Invite a civilian guest and take advantage of this special. Call 808-682-1911 for additional information.

### BOGO Special

**Monday – Friday (except holidays)**

**Ke'alahi Golf Course**

Pay and play for nine holes on our Par 3 course and get a second nine holes at half-price. Must play the second nine on the same day. Call 808-448-2318 for info.

### Twilight/Play Until Dusk Golf Specials

**Monday – Friday (after 2:30pm)**

**Saturday & Sunday (after 3:30pm)**

**(except during holidays or tournaments)**

**Mamala Bay Golf Course**

Come and enjoy our special twilight golf prices and play until dusk! For more information or to check for availability, please call 449-2304.

### 2019 Barbers Point Invitational Tournament

**July 11 – 13**

**Registration: June 1-23**

**\$200 (\$175 for military)**

**Barbers Point Golf Course**

Be a part of the 2019 Invitational Tournament at the Barbers Point Golf Course. Applications must be postmarked no earlier than June 1, and no later than June 23. Players whose entries are accepted will be notified via email and all entries are subject to approval by the tournament committee. Please visit the GreatLifeHawaii website for the application. Call 808-682-1911 for additional information. No refunds after June 28.

## INTRAMURALS

Pearl Harbor Bldg. 667 . . . 473-2494 or 473-2437

### Summer Basketball League

**June 15 – September 30**

**\$340**

Open to the first 6 paid teams. Participation is open to Active Duty commands from JBPHH, Active Duty family members 18 years and older and DoD civilian employees.



# Yoga Fil



## Level 2 Certification Class

**June 22-23 | 8am-6pm | Wahiawa Annex Fitness Center | \$480**

*This course will teach participants to use physical cues, mental imagery and positive affirmations. Students will learn poses, allowing a more varied practice. Advanced breathing techniques (pranayama) and how to incorporate them into your classes will be included.*

**Completion of Level 1 is a prerequisite**

**To Register Call 888-786-3111**







# GROUP EXERCISE SCHEDULE

## FITNESS CENTER LOCATIONS

Hickam Memorial Fitness Center  
1120 Vickers Ave (Bldg 1120) • 448-2214

Pearl Harbor Fitness Center  
1071 North Rd (Bldg 1338) • 471-2019

Wahiawa Annex Fitness Center  
500 Center St (Bldg 446) • 653-5542



## JBPHH FITNESS CENTER

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6 – 7am	NOFFS*	CYCLE FIT*	STRONG TRAINING*	CYCLE FIT*	WILD CARD FITNESS*	
7am						
8 – 9am						YOGA
8 – 8:45am						TRADITIONAL HULA MOVEMENTS SC
8:30 – 9:30am	ZUMBA STRONG BY ZUMBA®*	ZUMBA	HIIT*	ZUMBA	YOGA	
8:45 – 9:30am		CYCLE EXPRESS*		CYCLE EXPRESS*		
9 – 10am						CYCLE FIT
9:15 – 10:15am						ZUMBA
9:45 – 10:45am	YOGA	POWER SCULPT	TOTAL BODY CONDITIONING	POWER SCULPT	ZUMBA	
10:30 – 11:30am						P90X™
11:30am – 12:30pm	CYCLE FIT*	TOTAL BODY CONDITIONING*	CYCLE FIT* YOGA	TOTAL BODY CONDITIONING*/ TRX*	WARRIOR ZONE CIRCUIT* CIRCUIT TRAINING*	
4:30 – 5:30pm	YOGA	ZUMBA	ZUMBA	TURBO KICK™		
5:30 – 6:30pm	CYCLE FIT*		CYCLE FIT*			
5:45 – 6:45pm	ZUMBA	YOGA	ZUMBA® TONING	ZUMBA	STRONG BY ZUMBA®*	
6pm		KARATE SC				
7pm		HOT HULA FITNESS®		HOT HULA FITNESS®		

## HICKAM MEMORIAL FITNESS CENTER

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:30 – 6:30am	CYCLE FIT*		CYCLE FIT*		CYCLE FIT*	
6 – 7am	HIIT*	CIRCUIT TRAINING*	HIIT*	CIRCUIT TRAINING*	HIIT*	
8:30 – 9:30am	ZUMBA	POWER PUMP	KICKBOXING	POWER PUMP	TABATA	
10 – 11am		STRONG BY ZUMBA®	TAHULA FITNESS	STRONG BY ZUMBA®	CARDIO KICKBOXING	ZUMBA
11:30am – 12:30pm		YOGA	SPINNING	YOGA		
3:30 – 4:30pm		CIRCUIT TRAINING*	HIIT*	CIRCUIT TRAINING*		
5:15 – 6:15pm	YOGA	HIIT*	YOGA	BODY BLAST		
5:30 – 6:30pm					ZUMBA	
6:30 – 7:30pm	ZUMBA		ZUMBA			

## WAHIAWA ANNEX FITNESS CENTER

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
11am – noon		YOGA		TOTAL BODY CONDITIONING		
5 – 6pm		ZUMBA		ZUMBA		

\* There is a fee for all classes, but the starred classes are free for active-duty personnel. Classes at Wahiawa Annex Fitness Center are free for all. For more information on classes, please visit [greatlifehawaii.com](http://greatlifehawaii.com).

INFORMATION SUBJECT TO CHANGE

For fitness training, mobile fitness training, CFL, NOFFS, TRX and so much more, contact:  
[mark.mcfarland@navy.mil](mailto:mark.mcfarland@navy.mil) or phone: 808-471-2021



# GREAT *Life* HAWAII.com

**YOUR  
SOURCE FOR  
EVERYTHING!**

- EVENTS
- CLASSES
- RECREATION
- FITNESS
- TICKETS
- CHILD/YOUTH PROGRAMS
- JOBS
- AND MORE!





## athletics (cont.)

### Summer Soccer League

June 15 – September 30

\$280

Open to the first 6 paid teams. Participation is open to Active Duty commands from JBPHH, Active Duty family members 18 years and older and DoD civilian employees.



### YOUTH SPORTS

Youth Sports & Fitness (Bloch Arena) . . . 473-0789

Gymnastics (Bldg. 1680) . . . . . 422-2223

### Youth Sports Summer Camp Registration (June 3 – 28)

#### • Golf Camp

July 1 – 3 (9am – 12pm) | Ages 7 – 18; \$70

#### • Bowling Camp

July 8 – 12 (9 – 11am) | Ages 6 – 12; \$50

#### • Paddling Camp

July 15 – 19 (9 – 11am) | Ages 7 – 15; \$50

#### • Archery Camp

July 15 – 19 (5 – 7pm) | Ages 7 – 18; \$80

## itt

Barbers Point • Fleet Store • NEX Mall  
Wahiawa • Travel Connections-Fleet Store  
Travel Connections-NEX Mall

### Hickam Historical Tour

Fridays, June 7, 14, 21, 28

9:30am – 1:30pm

\$45 for adults

\$40 for children (ages 3 – 11) / Lap child free

An exclusive tour to relive history and to understand the important role Hickam Field played in World War II. See the original buildings where the Army Air Forces' airmen, nurses and officers & enlisted families lived and hear their personal stories of this "Day of Infamy." Highlights: Fort Kamehameha, Hickam Hotel, Freedom Tower, Pearl Harbor Hospital Point and more! *Tour will depart from Bldg. 1760 Kuntz Ave. (Hickam side of base).*

### Ford Island Historical Tour

Wednesdays, June 5, 12, 19, 26

9:30am – Noon

(Check in 9:15am)

\$25 for adults

\$20 for children (ages 3 – 11)

Nestled in Pearl Harbor lies an isolated island called Moku Umeume, rich in Hawaiian and U.S. military history. Travel back in time and honor the families who experienced the horrors of "The Day of Infamy". Points

of Interest: USS Utah & Oklahoma Memorial, the USS Arizona Memorial Rock, Historic Nob Hill officer homes, bombing & bullet strafing reminders. *Tour will depart from Bldg. 1760 Kuntz Ave. (Hickam side of base). Additional pick up at Royal Alakai & Rainbow Marina, call for times.*

## recreation

Arts & Crafts • Auto Skills • Liberty Centers  
Library • Makai Recreation Center • Marinas  
Outdoor Recreation • Sharkey Theater

### ARTS & CRAFTS

Hickam Bldg. 1889 . . . . . 448-9907

### LIBRARY

Hickam Bldg. 595 . . . . . 449-8299

Dial-A-Story . . . . . 449-8297

### Summer Reading Program Kick-Off

Saturday, June 1

10am – 12pm

Pick up registration packets. Enjoy refreshments sponsored by the Hickam Library Friends and a concert with Uncle Wayne and the Howling Dog Band! Plus random prize drawings (must be present to win).

### STEM Wednesday - Cubelets Robotics

Wednesday, June 5

2 – 3:30pm

Ages 7 and up. Call 449-8296 to register.

### Tween Book Club

Wednesday, June 5

4 – 5pm

We will discuss "The Ethan I was Before."

### Adult Book Club

Tuesday, June 4 | 10am • Thursday, June 6 | 6pm

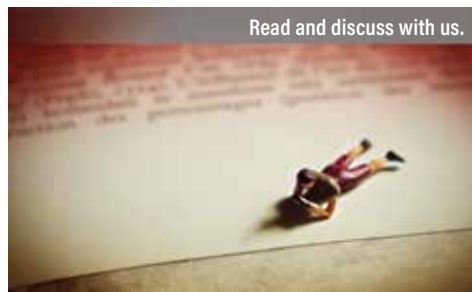
Both days we will discuss "Persepolis."

### Young Adult Book Club

Wednesday, June 12

4 – 5pm

We will discuss "I'll Give You the Sun."



### Preschool Story Time

Wednesday, June 12 & 26

9 – 10am

Story times are great for children of all ages! Our theme on June 12 will be "Father's Day." On June 26 the theme will be "Dinosaur Dig."

### 4th and 5th Grade Book Club

Wednesday, June 12 & 19

2pm

We will discuss "Flora and Ulysses" on June 12 and "From the Mixed up Files of Mrs. Basil E. Frankweiler" on June 19.

### LEGO Time

Saturday, June 29

10am

### Writing Workshop

Saturday, June 1 & 29

4pm

Kyle Belote, from the Organization of Military Community Writer54 (OMCW) will lead writing workshops at the JBPHH Library. Ages 18 & older.

### MAKAI RECREATION CENTER

100 McChord Street, Bldg 1859 . . . . . 449-3354

Dance, Martial Arts, Karate, and Music classes. For more information visit [greatlifehawaii.com](http://greatlifehawaii.com) or call 808-449-3354.

### SHARKEY THEATER

Hickam Bldg. 628, Movie Hotline. . . . . 473-0726

### Ticket Prices

• Active Duty, Adults, Children (12 years and up), \$5 or \$7 (3-D)

• Children (6 – 11 years of age), \$3 or \$5 (3-D)

• Children (5 years and under), Free or \$2 (3-D)

Movies shown Thursday – Sunday. Watch for our FREE Advanced Screening!

### Father's Day Special

Sunday, June 16

Dad receives a FREE Small bag of Popcorn at our Snack Bar on Father's Day.

### Single Sailor/Airmen Movie Night

Friday, June 14

Every 2nd Friday of the month is Single Sailor/Airmen Movie Night. Sign up for a Free Movie Pass, and refreshments from the Snack Bar. Sign ups are at the Beeman Liberty Center. Must be an Active Duty Single Sailor or Airmen to participate.







# MUSIC SOUNDS BETTER LIVE!

**FREE PUPUS  
GIVEAWAYS  
DRINK SPECIALS**

## #TGIF



## June 28

**Club Pearl - 8-10pm**

Band: **FREE PIZZA**

(Rage Against the  
Machine Cover Band)

Club Pearl 473-1743  
Tradewinds 449-6112  
[greatlifehawaii.com](http://greatlifehawaii.com)



# MILITARY & FAMILY SUPPORT CENTER



The Military and Family Support Center (MFSC) combines the former Pearl Harbor Fleet & Family Support Center and the Hickam Airman & Family Readiness Center into one organized center. We provide unified, customer-focused programs, classes and services to support our JBPHH community, including active-duty, reserve, retired personnel, family members and DoD employees.

## JUNE CLASSES

INFORMATION SUBJECT TO CHANGE

### employment assistance

#### ACING THE INTERVIEW

**Jun 17 • 2:00 – 4:00pm | Pearl Harbor**

Preparation and determination is the key to a successful and prepare you for the many interview styles that are popular today. In this interactive class participants will have an opportunity to observe and take part in mock interviews.

#### CIVILIAN RESUME WRITING

**Jun 13 • 2:30 – 4:30pm | Pearl Harbor**

This class will cover the different resume formats and the advantages and disadvantages of each. Learn how to write powerful accomplishments that help you stand out from the competition, proper formatting, common mistakes to avoid, and so much more. Note: this class targets private sector resumes only.

#### FEDERAL EMPLOYMENT 101

**Jun 17 • 8:00 – 10:00am | Pearl Harbor**

The application process for federal jobs can feel confusing and overwhelming. This course will help you navigate the USAJobs website, understand the application process, and teach the fundamentals of a federal resume to give you a competitive edge. An overview of hiring preferences and programs for veterans and military spouses in the federal sector will also be covered.

#### PART-TIME MONEY MAKERS

**Jun 6 • 2:00 – 4:00pm | Pearl Harbor**

Our class will help you discover creative ways to earn supplemental income! This course will cover legitimate, remote employment opportunities; guidance on self-employment, leveraging your hobby into a money maker, quick-start income opportunities and money saving apps. We will also help you identify red flags for scams and determine your entrepreneurial risk tolerance and potential.

### family life skills

#### DEVELOPING SELF-ESTEEM IN CHILDREN

**Jun 5 • 10:00am – 12:00pm | Pearl Harbor**

Did you know a parent's behavior can influence their child's thinking? Learn the "language of encouragement" and the importance of building self-esteem in children. Discover the power of mutual respect and how to understand the difference between praise and encouragement.

#### HIGH-TECH PARENTING

**Jun 5 • 1:00 – 3:00pm | Pearl Harbor**

Social media - not an anonymous world! It is very easy to get caught up in the "feeling"

of anonymity behind the click of a mouse. Unfortunately, the lessons learned can lead to threatened safety, humiliation or the cost of a friendship. Help your children understand the value of safety, modesty and care while posting on the internet!

#### NEW MOMS AND DADS

**Jun 19 • 5:00 – 8:00pm | Hickam**

New and soon-to-be parents (or those who are thinking about becoming parents) will learn about the roles, responsibilities, demands and joys of being parents. The session will also include early childhood social, emotional and physical development, crying and consoling, basic care information, and what to expect in the first year.

#### PARENTING GROUP

**Jun 4, 11, 18, 25 • 10:00am – 12:00pm | Pearl Harbor**

This eight-week interactive parenting group assists parents to better nurture their children, allowing their children to grow into responsible adults and loving parents to their own children. For more information and to register, call MFSC-Pearl Harbor and ask to speak to the group facilitator!

#### STOP BULLYING

**Jun 19 • 10:00am – 12:00pm | Pearl Harbor**

Has your child been a victim of bullying? Has your child been the bully? This workshop looks at the dynamics of bullying and ways to defend against it. Building our children up today will help end bullying for tomorrow!

#### STORY TIME

**Jun 27 • 10:00 – 11:00am | Hickam**

Bring your kids to MFSC for story time! Books focus on the AMAZING people kids are, and relate life skills in age-appropriate ways. Following the end of the reading, kids will participate in an empowering activity.

### family readiness

#### KEY SPOUSE CONNECT MEETING

**Jun 6 • 9:00 – 11:00am | Hickam**

Network with other Key Spouses/Mentors and discover community resources for disaster preparedness, relocation, and much more. Open to all appointed USAF Key Spouses, Commanders, and First Sergeants.

#### KEY SPOUSE MENTOR TRAINING

**Jun 4 • 9:00 – 11:00am | Hickam**

Key Spouse Mentor Training is a peer to peer instructive and interactive training; providing opportunities for mentors to learn from each other and share ideas and information. This class focuses in on how mentors can best serve in their role and begin establishing goals which will correspond with the goals already established by the unit CC for the unit KS Team. This training is for new KSMs who have already attended Initial KS Training.



### OMBUDSMAN / KEY SPOUSE ADVANCED TRAINING

Jun 18 • 6:00 – 8:00pm | Lockwood Hall

Advanced training for personnel who are currently assigned as Ombudsmen or Key Spouse.

## information and referral

### EFMP COFFEE TALK

Jun 13 • 9:00 – 10:00am | Pearl Harbor

Learn, share and connect with other Exceptional Family Member Program (EFMP) families.

### GREEN CARD / IMMIGRATION AND NATURALIZATION

Jun 18 • 9:30 – 11:30am | Pearl Harbor

Green Card/Immigration 0930-1030 / Naturalization 1030-1130. Want to apply for your American citizenship? The Military and Family Support Center in partnership with U. S. Citizenship and Immigration Services presents an Immigration Information Workshop to assist you. This class will provide step-by-step instructions and help you understand and navigate the U. S. Citizen immigration application process.

## personal development

### ANGER MANAGEMENT

Jun 25 • 9:00am – 12:00pm | Pearl Harbor

We all know what anger is, and we have all felt it: whether as a fleeting annoyance or as a full-fledged rage. Feeling anger is not unusual; it is a completely normal and healthy human emotion. It's how we channel that anger and emotion that's important. Join us for this class that is designed to help you better understand, channel, and control your anger.

### DEALING WITH DIFFICULT BEHAVIORS

Jun 18 • 10:00am – 12:00pm | Pearl Harbor

Do you ever encounter difficult behavior at work? How well do you work with people that handle situations differently than you do? Attend our workshop and learn about different behavior types that we encounter in the workplace. We can teach you some tips on how to identify difficult behavior patterns, and the best way to deal with each specific one.

### DEVELOPING AND STRENGTHENING COMMUNICATION SKILLS

Jun 6, 13, 20 • 10:00am – 12:00pm | Pearl Harbor

Learn how relationships are rooted in how we communicate. Be able to assess yourself, and your significant other in terms of personality types. Help adults understand why they are attracted to the identity traits of their spouse or intimate partner. Finally, develop and sharpen new, more effective communication and conflict resolution skills.

### INTERPERSONAL SKILLS

Jun 6 • 1:00 – 3:00pm | Pearl Harbor

Would you like to master the art of people skills and maximize the impact of your first impressions? Having strong interpersonal skills can open many avenues in work and in life. This class will teach you about communication, conversation, and the value of soft skills in the workplace.

### SKILLS DEVELOPMENT GROUP

Jun 5, 12, 19, 26 • 10:00am – 12:00pm | Pearl Harbor

This eight-week group is designed to increase participants' conflict resolution skills in relationships. Topics include anger management, stress management, assertiveness training and common relationship issues. For more information, contact MFSC-Pearl Harbor and ask to speak to the group facilitator.

### STRATEGIZING WITH STRESS

Jun 11 • 9:00am – 12:00pm | Pearl Harbor

Stress is a normal psychological and physical reaction to the ever increasing demands of life. Most people experience challenges with stress at some point during the year. Over time, high levels of stress can lead to serious health problems; that is why managing your stress is so important. Learn how stress affects our personal and professional lives, how we can decrease the stress we are experiencing, and how to interrupt the stress cycle and use relaxation techniques.

### TRANQUIL SEAS: MINDFULNESS AND SELF CARE

Jun 12 • 10:00am – 12:00pm | Pearl Harbor

Self-care is a critical element in managing stress, preventing burnout and achieving a sense of fulfillment. Evaluate ways you can build self-care into your daily routine, be mindful through your activities and reach your fullest potential.

### WOMEN EMPOWERED GROUP

Jun 3, 10, 17, 24 • 10:00am – 12:00pm | Pearl Harbor

This self-development group aims to help women harness their own voices and strengths, learn to build healthy relationship, take actions towards personal growth. This group is held in a supportive and confidential atmosphere with opportunities to meet and share with others. For more information and to register, contact MFSC and ask to speak to the group facilitator.

### WORK AND PERSONAL LIFE BALANCE

Jun 4 • 1:00 – 3:00pm | Pearl Harbor

Learn to manage everyday stressors to create a healthy work and personal life balance. This class will focus on strategies to create realistic expectations and challenge negative thinking patterns, while expanding your toolkit for maximum balance and well-being.

## personal financial management

### COMMAND FINANCIAL SPECIALIST (CFS) FORUM

Jun 4 • 8:00 – 9:30am | Pearl Harbor

Quarterly forum in accordance with OPNAVINST 1740.5D. Command Financial Specialists meet and share ideas about their respective programs. Guest speakers provide up-to-date information on financial issues and trends. Command Master Chiefs/Career Counselors are encouraged to attend.

### DEVELOPING YOUR SPENDING PLAN

Jun 6 • 11:30am – 1:00pm | Hickam

This course provides the background and tools to help learners develop financial goals and a written plan to achieve those goals.

### FROM BASE TO PLACE

Jun 6 • 2:00 – 3:30pm | Hickam

Jun 20 • 8:00 – 9:30am | Pearl Harbor

Are you moving out of government quarters soon? Moving out requires adequate planning. This course will prepare service members for moving off base while establishing effective financial goals and saving strategies.

### THRIFT SAVINGS PLAN

Jun 18 • 1:00 – 2:30pm | Pearl Harbor

The TSP is a retirement savings and investment plan for Federal employees and members of the uniformed services. Please join us for this class that will explain the benefits of the Thrift Savings Program, the different funds that are available to invest in, TSP withdrawals and much more.

## relocation assistance

### SMOOTH MOVE

Jun 13 • 8:00 – 11:30am | Pearl Harbor

This workshop features speakers from other agencies to provide you with a better understanding of the Permanent Change of Station (PCS) process. Topics include: Financial Planning, TRICARE, Basic Entitlements and Allowances, Shipment of Household Goods, Shipping Your Vehicle, and Researching New Base and Location.

### SPONSOR TRAINING

Jun 4 • 1:00 – 3:00pm | Wahiawa Conference Center

Gives the new sponsor information, resources, and tools needed to assist incoming personnel and families, in order to ease their transition to a new environment. Spouses are encouraged to attend.

(continued on next page)

# sexual assault prevention & response (SAPR)

## SAPR VICTIM ADVOCATE INITIAL TRAINING (VAIT)

**Jun 24 – 28 • 8:00am – 4:00pm | Pearl Harbor**

The VAIT is a 40 hour in-depth SAPR course that is designed to prepare an individual for the role and responsibilities of a US Navy SAPR Unit Victim Advocate. This is a highly interactive class that provides a comprehensive overview on the SAPR program/procedures, dynamics of sexual assault and victimization, response by the command, medical, legal, investigative, counseling, and advocacy personnel, as well as SAPR intervention and prevention strategies. Interested personnel should contact their respective SAPR POC or command leadership to express their interest in attending the class and becoming a Unit Victim Advocate. The command will in turn coordinate course registration with the SAPR office.

## SAPR VICTIM ADVOCATE REFRESHER TRAINING

**Jun 11 • 1:30 – 3:30pm | Pearl Harbor**

Refresher training is required to provide continuous education for current D-SAACP Certified US Navy SAPR Victim Advocates. Contact the Sexual Assault Response Coordinator for more information.

## SEX ASSAULT SURVIVORS GROUP

**Jun 5, 12, 19, 26 • 4:00 – 5:30pm | Pearl Harbor**

If you were sexually abused or assaulted, this on-going weekly support group for women survivors of any type of sexual harassment or assault can help. The group offers a safe place to learn, deal with the feelings, talk with other survivors, get validation, and heal in your adult life. For information and to register, call MFSC and ask to speak with the group facilitator.

# transition assistance

## CAPSTONE EVENT

**Jun 5, 6, 19, 20 • 8:00 – 10:00am | 10:00am – 12:00pm | Pearl Harbor**

Capstone is the final mandatory step in the transition process. This class incorporates an individualized appointment with a transition counselor to answer questions and validate transition readiness from military to civilian life. Referrals to additional resources/agencies that offer targeted assistance is available. Capstone must be completed NLT 90 days prior to separating/retiring. TRANSITION GPS IS A PRE-REQUISITE.

## ONWARD TO OPPORTUNITY (O2O)

**Jun 3 – 7 • 8:00am – 4:30pm | Pearl Harbor**

Transitioning service member or military spouse interested in obtaining a professional certification for FREE? Check out onward2opportunity-vctp.org to register for a cohort hosted by your JBPHH MFSC!

## TRANSITION GPS: ACCESSING HIGHER EDUCATION

**Jun 20 & 21 • 8:00am – 3:00pm | Pearl Harbor**

The course is designed to guide participants through the complicated decisions involved in choosing a degree program, college institution, and funding, as well as completing the admissions process. Academic acculturation and connection to veteran student organizations is also a key part of service members' academic success and is integrated into this learning course.

## TRANSITION GPS: BOOTS TO BUSINESS

**Jun 18 & 19 • 9:00am – 4:00pm | Pearl Harbor**

This two-day seminar, provided by the U.S. Small Business Administration, will assist participants in understanding the steps, stages, and activities related to launching and growing a business as a post-military career and provide training and orientation to the fundamental tools and strategies associated with executing plans to launch a new business.

## TRANSITION GPS (GOALS, PLAN, SUCCESS) FOR RETIREES

**Jun 10 – 14 • 7:30am – 4:00pm | Pearl Harbor**

**Jun 24 – 28 • 7:30am – 4:00pm | Pearl Harbor**

This mandatory 5-day workshop provides transitioning service members with an

intensive transition overview including information and referral for veteran's benefits and services, individual transition plan consultation, MOC Crosswalk and GAP Analysis instruction, and a 3-day Department of Labor Employment Workshop. Plan to attend within two years of retirement. Spouses are encouraged to attend. Navy members must register through their CCC. Air Force members may register through a transition counselor at the MFSC.

## TRANSITION GPS (GOALS, PLAN, SUCCESS) FOR SEPARATEES

**Jun 3 – 7 • 7:30am – 4:00pm | Pearl Harbor**

**Jun 10 – 14 • 7:30am – 4:00pm | Pearl Harbor**

**Jun 24 – 28 • 7:30am – 4:00pm | Pearl Harbor**

This mandatory 5-day workshop provides transitioning service members with an intensive transition overview including information and referral for veteran's benefits and services, individual transition plan consultation, MOC Crosswalk and GAP Analysis instruction, and a 3-day Department of Labor Employment Workshop. Plan to attend within one year of separation. Spouses are encouraged to attend. Navy members must register through their CCC. Air Force members may register through a transition counselor at the MFSC.

## TRANSITION HOT TOPICS AND EMPLOYER RECRUITING

**Jun 18 • 7:30am – 4:00pm | Pearl Harbor**

Transitioning from military to civilian involves learning a lot of new information. This workshop incorporates some of the most commonly asked about topics during transition, including LinkedIn, salary negotiation, VA Benefits, Tricare, Survivor Benefit Plan, SkillBridge training/certification opportunities, and employer networking.

## USAF PRE-SEPARATION BRIEFING

**Jun 12 & 26 • 8:00 – 11:00am | Hickam**

Pre-Separation is the first mandatory step in the transition process. This counseling serves as a reference for Air Force personnel planning transition, introduces benefits and entitlements, and describes the assistance in place including community resources. DoDI 1332.35 mandates separating and retiring members receive Pre-Separation Counseling NLT 90 days prior to separation. Attending 12 months prior for separatees and 24 months prior for retirees is highly encouraged to take full advantage of the resources covered and ease the stress caused by the transition process.

**TO REGISTER FOR A MFSC CLASS VISIT:**  
<https://jbphh.greatlifehawaii.com/support/military-family-support-center>

Great Life Hawaii Calendar of Events – June 2019						
SUN	MON	TUE	WED	THU	FRI	SAT
26	27	28	29	30	31	1
2	3	4 Command Financial Specialist (CFS) Forum Key Spouse Mentor Training	5 Capstone 8:00 Capstone 10:00	6 Capstone 8:00 Key Spouse Connect Mtg.	7	8
9	10	11 Aloha Academy for Newcomers Air Force Registration Only Strategizing With Stress	12 USAF Pre-Separation Briefing Tranquil Seas - Mindfulness and Self-Care	13 Onward to Opportunity Orientation Smooth Move	14 EFMP Bowling Event	15
16	17 Federal Employment 101 Acing the Interview	18 Transition Hot Topics and Employer Recruiting Transition GPS: Boots to Business	19 Capstone 8:00 Stop Bullying	20 From Base to Place Capstone 8:00	21	22
23	24 SAPR Victim Advocate Initial Training (VAIT)	25 Aloha Academy for Newcomers Air Force Registration Only Anger Mgmt.	26 USAF Pre-Separation Briefing	27 Story Time	28	29
30	1	2	3	4	5	6

## Military & Family Support Center Locations

**MFSC-Hickam** 655 Vickers Avenue, Bldg. 1105 • 474-1999

Tue–Thu: 8am – 3:30pm | Closed daily from 11am – 12pm

**MFSC-Pearl Harbor** 4827 Bougainville Dr. • 474-1999

Mon–Thu: 7am – 4:30pm | Fri: 7am – 4pm



# Join the Livin' Local Challenge with MFSC!

Follow @GreatLifeHawaii and @jbphh\_mfsc on Instagram for details.



Win a 2 Night  
Staycation  
at the Ohana  
Waikiki East!



Challenge starts June 1.



# food&drink

## JOINT BASE CATERING

Office next to Wright Brothers Café • 448-4608 Ext. 16  
 Mon, Sat ..... Appointment only  
 Tue–Fri ..... 0900–1600  
 Sun ..... Closed

## DINING FACILITIES/GALLEYS (ACTIVE-DUTY ONLY)

Hale Aina DFAC • Hickam Bldg. 1860 • 449-1666  
 Mon–Fri ..... 0600–0830, 1100–1300, 1700–1830  
 Sat, Sun, Holidays ..... 0630–0830, 1100–1300, 1700–1830  
 Silver Dolphin Bistro Galley • Bldg. 655 • 473-2948  
 Mon–Fri ..... 0615–0730, 1100–1230, 1615–1730  
 Sat, Sun, Holidays ..... 0615–0730, 1030–1230, 1615–1730

## RESTAURANTS & CASUAL DINING

**LA FAMILIA MEXICAN RESTAURANT**  
 At Ke‘alahi Par 3 Golf Course • 422-9987  
 Mon ..... Closed  
 Tue–Sat ..... 1000–2100  
 Sun ..... 1000–2000

## THE LANAI AT MAMALA BAY

3465 Mamala Bay Drive, Hickam Harbor • 422-3002  
 Mon–Thu, Sun ..... 1100–1400, 1700–2100  
 Fri, Sat ..... 1100–1400, 1700–2100  
 Hapa Bar  
 Mon–Thu, Sun ..... 1100–2000  
 Fri, Sat ..... 1100–2100

## RESTAURANT 604

57 Arizona Memorial Drive, Rainbow Bay • 888-7616  
 Mon–Thu ..... 1030–2200  
 Fri ..... 1030–2300  
 Sat ..... 0930–2300  
 Sun ..... 0930–2200

Aloha Hour  
 Mon–Fri ..... 1500–1700

## WRIGHT BROTHERS CAFÉ & GRILLE

901 Worthington Avenue • 448-4608 Ext. 39  
 Mon–Thu ..... 0630–1000, 1030–1330  
 Fri ..... 0630–1000, 1030–1330, 1700–2000  
 Sat ..... 0700–1330, 1700–2000  
 Sun ..... 0700–1030

## SNACK BARS

### HARBOR GRILL

Inside Naval Station Bowling Center • 473-2574  
 Mon ..... 0700–1330, 1700–2100  
 Tue–Thu ..... 0700–2100  
 Fri ..... 0700–2200  
 Sat ..... 0800–2200  
 Sun ..... 0830–1730

### KAU KAU KORNER

Inside Hickam Bowling Center • 448-9959  
 Mon–Thu ..... 1000–2030  
 Fri ..... 1000–2200  
 Sat ..... 0900–2200  
 Sun ..... 0900–2030

### MAMALA BAY SNACK BAR

At Mamala Bay Golf Course  
 Tue–Sun ..... 0500–1400

### PHILLIES

711 Pierce St. Beeman Liberty Center • 387-8080  
 Mon–Fri ..... 1000–1930  
 Sat ..... 1000–1500

### PLANET SMOOTHIE

At the Hickam Fitness Center • 422-1145  
 Mon–Fri ..... 0700–1900  
 Sat ..... 0800–1400

## STEAKOUT

Barbers Point Golf Course • 462-9370  
 Mon–Sun ..... 0600–1700

## FAST FOOD

### PIZZA HUT

At the Club Pearl Complex • 423-2222

### TACO BELL

At the Club Pearl Complex • 422-2274

## BARS

### 10th PUKA LOUNGE

At Ke‘alahi Par 3 Golf Course • 448-9890  
 Mon, Tue, Sun ..... 1100–2230  
 Wed–Sat ..... 1100–2300

### BREWS & CUES

Bldg. 1314, 915 North Road (Club Pearl Complex) • 473-1743  
 Mon–Thu ..... 1300–2300  
 Fri ..... 1300–0100  
 Sat ..... 1100–0100  
 Sun ..... 1100–2300

### THE COUNTRY BAR

Bldg. 1314, 915 North Road (Club Pearl Complex) • 473-1743  
 Mon–Thu ..... Closed  
 Fri–Sat ..... 2030–0200  
 Sun ..... Closed

### KOA LOUNGE

At the Historic Hickam Officers' Club • 448-4608  
 Wed ..... 1600–2100  
 Thu ..... 1600–2200  
 Fri ..... 1600–2300

### TRADEWINDS

150 McClelland Street, Hickam Bldg. 1804 • 448-4608  
 Sun, Mon, Wed, Thu ..... 1530–2200  
 Fri & Sat ..... 1530–2400  
 Tue ..... Closed

# programs&services

## AQUATICS

Arizona Pool (Ford Island) • 472-7582  
 Open Swim (summer months):  
 Mon–Fri ..... 1300–1700  
 Sat, Sun, Holidays ..... 1200–1700  
 Hickam Training Pool, Hickam Bldg. 1122 • 449-8274  
 Mon–Fri ..... 0500–0700; 1100–1300  
 Sat, Sun, Holidays ..... Closed  
 Hickam Family Pool (Pool 2), Hickam Bldg. 425 • 448-2384  
 Open Swim:  
 Mon, Tue ..... Closed  
 Wed–Fri ..... 1430–1800  
 Sat, Sun ..... 1200–1700  
 Scott Pool, Pearl Harbor Bldg. 1511 • 473-0394  
 Lap Swim:  
 Mon–Fri ..... 0500–0700, 1100–1300  
 Mon–Thu ..... 1700–1900  
 Sat, Sun ..... 1000–1200  
 Open Swim:  
 Mon–Fri ..... 1430–1700  
 Sat, Sun, Holidays ..... 1200–1700  
 Towers Pool (Makalapa) • 471-9723  
 Lap Swim:  
 Mon–Fri ..... 1100–1300  
 Open Swim:  
 Sat, Sun ..... 1200–1700  
 Wahiawa Annex Pool, 500 Center St • 653-5306  
 Lap Swim:  
 Tue, Thu ..... 1100–1300  
 Open Swim:  
 Tue, Thu ..... 1300–1700  
 Sat, Sun, Holidays ..... 1200–1700  
**ARTS & CRAFTS CENTER**  
 Hickam Bldg. 1889 • 448-9907  
 Ceramics & Frame Shop  
 Mon, Sun ..... Closed  
 Tue–Sat ..... 0900–1700  
 Engraving Shop  
 Mon, Sat, Sun ..... Closed  
 Tue–Fri ..... 0900–1700

Gallery/Office  
 Tue–Fri ..... 0900–1700  
 Sat–Mon ..... Closed  
 Sales Store  
 Mon, Sun ..... Closed  
 Tue–Thu ..... 1000–1800  
 Fri, Sat ..... 0900–1700  
 Wood Hobby Shop • 448-9911  
 Mon, Fri ..... Closed  
 Tue–Thu ..... 1300–2000  
 Sat, Sun ..... 1000–1700  
**AUTO SKILLS CENTERS**  
 Flight Crew Motorcycle ..... 422-6202, 548-8813  
 Hickam ASC, Bldg. 4002 • 449-2554  
 Mon, Sun ..... Closed  
 Tue–Fri ..... 0700–1700  
 Sat ..... 0900–1700  
 Hickam Car Wash • 449-2554  
 Daily ..... 0800–2000  
 (Last vehicle entry: 19:15)  
 Moanalua ASC (off-base) • 471-9072  
 Mon, Thu, Fri ..... 1200–2000  
 Sat, Sun ..... 0900–1700  
 Tue, Wed ..... Closed  
 Car Wash at Moanalua ASC • 471-9072  
 Daily ..... 0700–2000  
 (Last vehicle entry: 19:15)  
 Towing Service • 449-2554  
**BOWLING CENTERS**  
 Hickam Bldg. 1891 • 448-9959  
 Mon, Tue, Thu ..... 1100–2100  
 Wed ..... 1000–2100  
 Fri ..... 1000–2400  
 Sat ..... 0900–2400  
 Sun ..... 0900–2100  
 Holidays ..... 1200–1800  
 Naval Station Bldg. 1736 • 473-2574  
 Mon ..... 1100–1330, 1700–2100  
 Tue–Thu ..... 1100–1300, 1700–2100

Fri ..... 1100–1300, 1700–2230  
 Sat ..... 0900–2230  
 Sun ..... 1100–1800  
 Holidays ..... Closed  
 The Escape at Wahiawa Annex • 473-2651  
 Fri ..... 1800–2200  
**CHILD DEVELOPMENT CENTERS**  
 Center Drive CDC • 471-1978  
 Ford Island CDC • 472-0262  
 Hickam/Harbor CDC • 448-0183  
 Hickam/Main CDC • 449-9880  
 Hickam/West CDC • 449-5230  
 Kids Cove • 421-0989  
 Naval Station CDC • 473-2669  
 Peltier CDC • 471-9336  
 Wahiawa CDC • 653-5305  
**CHILD DEVELOPMENT HOMES PROGRAM OFFICE**  
 530 Peltier, Bldg. 1925 • 471-8445  
 Mon–Fri ..... 0800–1700  
 Sat, Sun ..... Closed  
**FITNESS & SPORTS CENTERS**  
 Family Fitness Center Bldg. 1681 • 471-2019  
 Mon–Fri (unstaffed) ..... 1000–1700  
 Hickam Bldg. 1120 • 448-2214  
 Mon–Fri ..... 0430–2130  
 Sat, Sun ..... 0700–1700  
 After-hours access available  
 Holidays ..... Closed  
 JBPHH-Pearl Harbor Bldg. 1338 • 471-2019  
 Mon–Fri ..... 0400–2130  
 Sat, Sun, Holidays ..... 0700–1700  
 Naval Station Gym Bldg. 667 • 473-2436  
 Mon, Wed, Fri ..... 0500–1730  
 Tue, Thu ..... 0500–1500  
 Sat, Sun, Holidays ..... Closed  
 Wahiawa Annex Bldg. 446 • 653-5542  
 Mon–Fri ..... 0500–2100  
 Sat, Sun ..... 1200–1700  
 Holidays ..... 1000–1500



Open 24 hours a day, 7 days a week (unstaffed):

Ford Island Bldg. 55  
Kunia Bldg. 446  
Makalapa Bldg. 388  
West Loch Bldg. 621

**GOLF COURSES**

Barbers Point Golf Course, Essex Rd., Bldg. 2249 • 682-1911  
Daily Tee Times & Pro Shop  
Mon–Sun ..... 0630–1830  
Driving Range  
Mon, Wed–Sun ..... 0630–1800  
Tue ..... 0930–1800  
Ke‘alahi Par 3 Golf Course, Hickam Bldg. 2105 • 448-2318  
Mon, Wed–Sun ..... 0630–2200  
Tue ..... 0630–2100  
Mamala Bay Golf Course, Hickam Bldg. 3571 • 449-2304  
Mon–Fri ..... 0630–1800  
Sat, Sun (Holidays) ..... 0615–1800  
Pro Shop  
Mon–Fri ..... 0630–1800  
Sat, Sun (Holidays) ..... 0615–1800  
Navy-Marine Golf Course  
Valkenburgh at Radford Drive • 471-0142  
Daily Tee Times ..... 0700–1830  
Pro Shop  
Mon–Sun ..... 0630–1830  
Driving Range  
Mon–Wed, Fri–Sun ..... 0630–2100  
Thu ..... 1030–2100

**HOUSING**

Ohana Military Communities Family Housing • 474-1820, 839-8690  
Hickam Communities Family Housing • 448-0856, 423-7788  
Unaccompanied Housing • 473-5995

**INFORMATION, TICKETS & TRAVEL**

ITT-Barbers Point, White Plains Beach • 682-2019  
Mon–Sat ..... 0900–1800  
Sun, Holidays ..... 0900–1500  
ITT-Fleet Store, Pearl Harbor • 473-0792  
Mon–Fri ..... 0900–1800  
Sat ..... 0900–1600  
Sun, Holidays ..... Closed  
ITT-NEX Mall • 422-2757  
Mon–Fri ..... 0900–1800  
Sat ..... 0900–1700  
Sun, Holidays ..... 0900–1500  
ITT-Wahiawa, Bldg. 551 • 564-4445, 564-4446  
Mon, Wed, Fri ..... 1000–1600  
Tue, Thu, Sat, Sun, Holidays ..... Closed  
ITT Recreation Ticket Vehicle • 630-3080

**TRAVEL CONNECTIONS OFFICES**

Travel Connections Fleet Store, Pearl Harbor • 422-0139  
Mon–Fri ..... 0900–1800  
Sat, Sun, Holidays ..... Closed  
Travel Connections NEX Mall • 422-4067  
Mon–Fri ..... 0900–1700  
Sat, Sun, Holidays ..... Closed

**INTRAMURAL SPORTS OFFICE**

Pearl Harbor Bldg. 667 • 473-2494 or 473-2437  
Mon–Fri ..... 0700–1530  
Sat, Sun ..... Closed

**LIBERTY CENTERS (SINGLE ACTIVE-DUTY E1–E6 ONLY)**

Beerman Center (Naval Station) • 473-2583  
Daily ..... 1000–2300  
Makai Center (Hickam) • 448-0418  
Daily ..... 1500–2200  
Liberty Express (Wahiawa Annex) • 653-0220  
Mon–Sat ..... 1500–2200  
Sun ..... 1400–2100

**LIBRARY**

Hickam Bldg. 595 • 449-8299  
Mon, Wed, Fri, Sat ..... 1000–1800  
Tue, Thu ..... 1100–2000  
Sun, Holidays ..... Closed

**MARINAS**

Hickam Harbor Marina, Bldg. 3455 • 449-5215  
Mon ..... Closed  
Tue–Sun ..... 0900–1700  
Rainbow Bay Marina, Bldg. 103 • 784-0167  
Mon ..... Closed  
Tue–Sun ..... 0900–1700

**MILITARY & FAMILY SUPPORT CENTER**

Hickam, 655 Vickers Ave. • 474-1999  
Tue–Thu ..... 0800–1530 / Closed daily from 1100–1200  
Mon, Fri–Sun ..... Closed  
Pearl Harbor, 4827 Bougainville Dr. • 474-1999  
Mon–Thu ..... 0700–1630  
Fri ..... 0700–1600  
Sat, Sun ..... Closed  
Wahiawa Annex, Bldg. 392 • 474-1999  
Mon, Fri–Sun ..... Closed  
Tue–Thu ..... 0730–1600

**MORALE, WELFARE & RECREATION (MWR) ADMIN**

Bloch Arena • 473-0787  
Mon–Fri ..... 0800–1630  
Sat, Sun ..... Closed

**MOVIES**

Sharkey Theater, Pearl Harbor • 473-0726  
Mon–Wed ..... Closed  
Thu, Fri ..... 1900 showtime  
Sat ..... 1430 first showtimes  
Sun ..... 1330 first showtimes  
Memorial Theater, Hickam • 448-2297

**NAVY GATEWAY INNS & SUITES**

(Open 24 hours a day, 7 days a week)  
Pearl Harbor Side of JBPHH • 808-800-2337  
Arizona Hall (Bldg. 1623)  
Hale Ali'i (Bldg. 1315)  
Lockwood Hall (Bldg. 662)  
Makalapa (Bldg. 372)  
Hickam Side of JBPHH • 808-800-2330  
Royal Alaka'i (Bldg. 1153)

**OUTDOOR RECREATION**

Aikane Sport Fishing • 423-1113  
Dive Oahu, Pool 1 • 922-3483  
Hickam Beach (lifeguards on duty)/Surf Shack  
Fri–Sun ..... 1000–1700  
Outdoor Recreation-Hickam Harbor • 449-5215  
Mon, Holidays ..... Closed  
Tue–Sun ..... 0900–1700  
Skateboard Hangar • 448-4422  
Wentworth Tennis Center • 473-0610  
White Plains Beach/Surf Shack • 682-4925  
Daily ..... 1000–1700

**RENTALS**

Barbers Point Beach Cottages • 682-3085  
Conference Centers • 472-0342  
Foster Point Pavilion • 449-5215  
Hickam Beach Cabanas • 449-5215  
Makai Recreation Center • 449-3354

**Outdoor Recreation Equipment Rentals:**

Hickam Beach • 449-5215  
White Plains Beach • 682-4925  
Recreational Equipment Rental:  
Kuntz Ave, Bldg. 1760 • 449-6870  
Mon–Fri ..... 0900–1700  
Sat ..... 0900–1300  
Sun ..... Closed

**YOUTH PROGRAMS**

School-Age Care  
Catlin • 421-1556  
Hickam • 448-4396  
School Liaison Officer (K–12)  
4827 Bougainville Drive • 471-3662, 471-3673  
Mon–Fri ..... 0800–1700  
Sat, Sun ..... Closed  
Teen Center (ages 13–18) • 448-1068  
School year:  
Mon–Thu ..... 1400–2000  
Fri ..... 1400–2100  
School vacations:  
Mon–Fri ..... 1200–2000  
Weekends:  
Sat ..... 1330–2130  
Sun ..... Closed

**Youth Sports & Fitness**

Office, Bloch Arena • 473-0789  
Mon–Fri ..... 1100–1730  
Sat, Sun ..... Closed  
Gymnastics, Pearl Harbor Bldg. 1680 • 422-2223

**WOUNDED WARRIOR**

Navy Wounded Warrior-Safe Harbor Program  
480 Central Avenue, Bldg. 1514 • 808-473-2444 Opt. 9, Ext. 4515  
Air Force Wounded Warrior Program  
800 Scott Circle Bldg 1113 • 808-448-0126  
Mon–Fri ..... 0830–1230 / 1300–1700  
Sat, Sun ..... Closed

# naf jobs

NAF Human Resources ..... 422-3784  
600 Main St., Bldg. 3456

## Job Opportunities

Join our team and start working with the military in Hawaii. Search for civilian positions with our Fleet and Family Readiness organization. Our team includes great individuals who work in recreation and sports, child care, hotel and food service, and business positions.

## Continuous Recruitment:

Child & Youth Program (CYP) Assistant  
CYP Cook  
CYP Food Service Worker

Cashier/Checker  
Club Operations Assistant  
Cook  
Food Service Worker  
Waiter/Waitress

Community Recreation Assistant  
Library Aide  
Motor Vehicle Operator (Tour Escort)  
Recreation Aide/Wood Shop  
Recreation Assistant/Auto Skills  
Recreation Assistant/Liberty Program  
Recreation Assistant/Lifeguard  
Recreation Assistant/Sailing

Automotive Worker  
Hotel Housekeeping  
Laundry Worker

## How to Apply:

Obtain posted NAF job application at [www.greatlifeohawaii.com](http://www.greatlifeohawaii.com). Application and any required documents should be submitted to:

**CNRH FFR**

Attn: NAF Human Resources  
600 Main Street, Bldg. 3456  
Honolulu, HI 96818

or email to: [CNI\\_PRLH\\_N9HR.FCT@NAVY.MIL](mailto:CNI_PRLH_N9HR.FCT@NAVY.MIL)

or fax to: 808-422-3782

Commander Navy Region Hawaii (CNRH) is an Equal Employment Opportunity Employer (EEOE)



# 2019 SUMMER SWIM LESSONS

## GROUP LESSONS

*\$80 for eight 30 minute sessions | max. 8 students | min. age - 4 yrs. old*

## PARENT & TOT

*\$60 for eight 30 min. sessions | max. 16 parents/tots | min. age - 6 mos. old*

### CLASS DATES

June 17 - 27

July 8 - 18

July 22 - August 1

### REGISTRATION

June 3

June 24

July 8

## PRIVATE LESSONS

*\$120 for 4 sessions | 1 student | min. age - 3 yrs. old*

### CLASS DATES

June 17, 19, 24, 26

July 8, 10, 15, 17

July 22, 24, 29, 31

### REGISTRATION

June 3

June 24

July 8

FOR MORE INFORMATION, CALL 808-448-2384.

**GREATLIFEHAWAII.COM**



# Recreational Equipment Rental

*The place to rent  
all of your  
**OUTDOOR REC &  
PARTY GEAR!***



**Including:**

- Camping/Hiking Equipment
- Ocean Sports
- Sports Equipment
- Party Items

Download the price list at  
[jbphh.greatlifehawaii.com](http://jbphh.greatlifehawaii.com)  
or stop by the shop: Kuntz Ave, Bldg. 1760  
Mon-Fri: 9am-5pm / Sat: 9am-1pm

**Questions? Call 808-449-6870**





# 13TH ANNUAL JOINT BASE PEARL HARBOR HICKAM HALF MARATHON

Saturday, August 17, 2019

START AND FINISH AT HICKAM TRACK | CHECK IN: 4:30AM | EVENT BEGINS AT 5:30AM

Challenge yourself at this annual event! Runners, walkers and strollers are allowed to participate.

## MUST HAVE BASE ACCESS!

### REGISTRATION:

Entry fee is \$35 (includes t-shirt). Register in person at Hickam Memorial Fitness Center or register online. Mail-in entries postmarked deadline is August 2, 2019. Race Day Registration starts at 4:30am (bring completed entry form). No t-shirts for Race Day registration and NO REFUNDS. Run limited to the first 800 participants.

### AWARDS:

Prizes will be awarded to the top 3 finishers in each category: Overall Male & Female, Active Duty Male & Female, Male & Female Stroller and Male and Female age categories - Youth (17 and younger), 18-29, 30-39, 40-49, 50-59 and 60+.

### PACKET PICK UP AT HICKAM MEMORIAL FITNESS CENTER:

Pick up at Hickam Memorial Fitness Center on August 9 from Noon-5pm & August 10 from 8am-Noon

## COURSE:

Route is flat and fast. Run will start and finish at the Earhart Track. Race across Hickam Field and see the original buildings, scarred with bullet holes that remind us of a time never to be forgotten. Known as the Garden City, you will also appreciate the unique botanical and architectural landscape of this Pacific treasure.

### FREE PARKING:

Parking is available in the open lot near Memorial Movie Theatre. Limited parking is available across from the Earhart Track (look for parking directional signs).

### ADDITIONAL INFORMATION:

Entry form, waiver, and map are available at the Hickam Memorial Fitness Center or online at [www.greatlifehawaii.com](http://www.greatlifehawaii.com). Or simply register using Active.com.

For more information, call 448-2214

OFFICIAL ENTRY FORM PLEASE USE INK, PRINT CLEARLY AND FILL OUT ENTIRE FORM. MAIL BY AUGUST 2. [WWW.GREATLIFEHAWAII.COM](http://WWW.GREATLIFEHAWAII.COM)

## GENERAL INFORMATION

Sex: ☐ M ☐ F Date of Birth: \_\_\_\_\_ Age (on race day): \_\_\_\_\_

Full Name (Last, First): \_\_\_\_\_

Mailing Address/City/State/ZIP: \_\_\_\_\_

Phone (day/evening): \_\_\_\_\_

Shirt size: ☐ S ☐ M ☐ L ☐ XL ☐ XXL (additional \$5.00)

☐ Stroller ☐ Active Duty

E-mail Address: \_\_\_\_\_

Branch of Service and Rank: \_\_\_\_\_

## EMERGENCY CONTACT

Full Name (Last, First): \_\_\_\_\_

Relationship: \_\_\_\_\_ Phone (day/evening): \_\_\_\_\_

Home address/City/State/ZIP: \_\_\_\_\_

ALL PARTICIPANTS MUST READ AND SIGN THIS WAIVER: In consideration of my participation, I, the undersigned hereby waive any and all claim for myself, my heirs, executors and administrators against the U.S. Air Force and NAF officials of the Joint Base Pearl Harbor-Hickam Half Marathon for any illness or injury, which may directly or indirectly result from participation to include ordinary negligence, actions or omissions of any agent, official participant or spectator of this event. I grant full permission for the free use of my name and any pictures or any record of this event for any purpose whatsoever. I further state that I am in proper physical condition to participate in this event. I affirm that I am of legal age and am freely signing this agreement. By signing below, I state that I read this form and fully understand this release for all claims, and agree to be bound by the provisions of this contract.

I HEREBY CERTIFY THAT I AM 18 (EIGHTEEN) YEARS OF AGE OR OLDER. I HAVE READ THIS DOCUMENT AND I UNDERSTAND ITS CONTENTS.

All participants must sign here: \_\_\_\_\_ Date: \_\_\_\_\_

Signature of parent or guardian if participant is under age of 18: \_\_\_\_\_ Date: \_\_\_\_\_

## REGISTRATION FEE

To register, visit the Hickam Memorial Fitness Center or submit the non-refundable registration fee with this registration form to the address below.

\$35: April 15 - July 31 (includes t-shirt)

\$45: August 1 - August 16

\$50: Race Day Registration (No T-shirt, CASH ONLY)

## PAYMENT METHOD

1. In Person at Hickam Memorial Fitness Center
2. Mail Entry & Fee (postmarked by Aug. 2)
3. Online at <https://www.active.com/honolulu-hi/running/distance-running-races/13th-annual-jbphh-half-marathon-2019>



ONLINE REGISTRATION CLOSES ON  
AUGUST 7, 2019 AT MIDNIGHT.

## MAIL ENTRY AND FEE TO:

MWR Department  
Attn: Hickam Memorial Fitness Center  
1120 Vickers Ave  
Hickam AFB, HI 96853

MAIL-IN ENTRIES POSTMARKED DEADLINE IS August 2, 2019.